

Treasure Barrel

Energy Balls – Healthy No-Bake Snack

15 min Prep time	**15 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Base

- [ ] 1 ½ cups rolled oats
- [ ] ½ cup almond butter
- [ ] ¼ cup maple syrup
- [ ] 2 tbsp chia seeds
- [ ] 1 tsp ground cinnamon

Add-ins

- [ ] ½ cup dried cranberries, chopped
- [ ] ¼ cup toasted almonds, finely chopped
- [ ] Zest of 1 lemon

Optional Coating

- [ ] 2 tbsp unsweetened cocoa powder
- [ ] Extra chia seeds for rolling

Instructions

1. Toast the rolled oats in a dry skillet over medium heat for 3-4 minutes, stirring gently until they smell nutty.
2. In a large bowl, combine almond butter, maple syrup, chia seeds, cinnamon, and lemon zest; stir until smooth.
3. Add the toasted oats, dried cranberries, and almonds to the wet mixture; mix until fully incorporated.
4. Using damp hands, roll the mixture into 1-inch balls; if desired, roll each ball in cocoa powder or extra chia.
5. Place the balls on a parchment-lined tray and refrigerate for 10 minutes before serving.

Nutrition per serving

120 kcal	4 g	14 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too wet, add a bit more oats.
- For a tropical twist, substitute cranberries with shredded coconut.
- A pinch of sea salt enhances the sweet flavors.