

YOUTH WEEK

Saturday, May 2 - Make it or Bake it Recipe

No Bake Energy Balls

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Try this deliciously artistic baking dish at home and share them with your family!

Ingredients:

- 1/2 cup pitted dates
- 1 cup dried apples (not freeze dried), these are the chewy ones
- 1/2 cup uncooked oats (gluten-free, if necessary)
- 1/2 teaspoon cinnamon

Prep Time: 10 minutes

Directions:

1. Combine all of your ingredients in a food processor or high-powered blender and process the mixture until it forms a thick paste. You may have to stop the food processor during churning a couple of times and press the mixture down with a spatula.
2. Next, take about a tablespoon of the mixture and roll each mound into balls. If you wish to have smaller, little bites, use about 1/4 teaspoon each.
3. That's it! They are super easy!

This recipe will make 12 energy balls.

