

# Pecan cinnamon energy balls



200g oats (use gluten free if preferred)  
70g pecan halves  
1 tsp ground cinnamon  
½ tsp sea salt  
100g almond butter or peanut butter  
20g maple syrup or honey  
1 tsp vanilla extract

**MAKES 10 BALLS**

Place the oats in a blender or food processor and blend until finely ground. Add the remaining ingredients and blend well until crumbly.

Transfer the mixture to a large bowl. Add a splash of cold water and mix well using your hands to combine.

Roll the mixture into 10 balls. Refrigerate for 30 minutes or until firm.

*Store any leftover energy balls in an airtight container and refrigerate for up to 3 days or freeze on same day.*



PER BALL:  
228 Calories  
**15g Carbs**  
**6g Protein**  
**12g Fat**