



# Apple Cinnamon Energy Balls

5pm - 6pm | 06.03.2021

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**Prep time - 20 minutes**

**Rest time 5- 10 minutes**

**Makes 12 balls**

**CLASS FOCUS:** We will focus on the role of flowers in making fruit and use both dried and fresh fruit as well as honey, two products of flowering plants to make energy balls that are easy to pack and protein rich for an easy summer snack.

**Energy Balls** are a combination of dried fruit, nut butter, seeds, and other ingredient add-ins that offer a densely nutritious snack in a little ball. They taste like dessert, but are actually good for you. They are easy to pack for outdoor adventure and a good snack for tv or gaming.

## INGREDIENTS

- 2 cups old-fashioned oats ( plus 2 Tsps)
  - ¼ cup ground flaxseed
  - ¾ teaspoon cinnamon
  - ½ cup sunflower butter
  - ¼ cup plus 1 tablespoon honey
  - 1 teaspoon vanilla extract
- pinch of salt
  - 1 cup grated apple (about 1 medium)
  - Optional add ins: dried fruit such as cranberries, raisins or diced figs

## Instructions

Step 1- Line a baking sheet with parchment or wax paper.

Step 2 In a large bowl, stir together the 2 cups of oats, flaxseed, and cinnamon. Add optional dried fruit, if using.

Step 3 - In another small bowl, stir together the sunflower butter, honey, vanilla, and pinch of salt until well combined.

Step 4 Pour the sunflower butter mixture over the oat mixture and stir until everything is combined. (I use my hands at the end to make sure everything is well mixed.) If the mixture is too sticky, use some of the leftover oats to make it firm enough to roll into balls.

Step 5 - Cut the apple in 2 halves, remove the seeds and core, then grate the apple. Stir in the grated apple to the mixture.

Step 6 - Scoop the mixture into tablespoon-sized or ice cream scoop portions, and use your hands to squeeze it together into a ball. Place them on the lined baking sheet.

Step 7 - Wait 5- 10 minutes for the balls to form, or you may put them in the fridge for 3- 5 minutes.

Store in a ziploc bag or covered jar for up to 4 days in the fridge. Enjoy them cold or at room temperature.

## TOOLS

- 2 Bowls, Large and small
- 1 medium bowl for trash
- Measuring spoon + wooden spoon
- Box grater
- Small knife and cutting board
- Parchment paper, wax paper or silicone baking mat
- Baking sheet or flat tray
- Ziploc or storage jar

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