

Banana Bread Energy Balls

INGREDIENTS

- 2 cups old fashioned rolled oats
- 1/2 cup mashed banana, from one medium banana
- 1/2 cup almonds
- 1/2 cup pecans
- 1/3 cup maple syrup
- 1 teaspoon ground cinnamon
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon salt

INSTRUCTIONS

Add all the ingredients to a food processor and pulse the mixture for 10 seconds. Scrape down the sides, then blend again until the mixture is fairly smooth, with a slight bit of texture. The dough will likely start to roll around the food processor when it's blended enough.

Scoop a ball using a medium cookie scoop and roll it in between your hands. Then place it on a parchment lined plate or baking tray. Continue this process until you've used up all the dough.

Chill the balls for 30 minutes to firm up, then enjoy!



HelpingtheHomefront.org

Disclaimer: Consult with your physician before starting this or any new health regimen or supplement program, especially if you have allergies to any of the listed or related products, are under the care of a physician or other medical professional, or have any other health problems. No specific health benefit is implied or promised from this material.

Disclaimer: Adult supervision is recommended for the above recipe

** recipe from Downshiftology.com