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NO-BAKE CALIFORNIA PRUNE POWER BALLS

This bite-sized snack features natural sweetness and a delightful crispy texture for a satisfying energy boost. California Prunes support bone, heart and digestive health.

30 pitted	California Prunes (about 1 cup/250 mL packed)
1/3 cup (75 mL)	almond butter
2 tbsp (30 mL)	honey
1/2 cup (125 mL)	rice crisp cereal
1/4 cup (50 mL)	unsalted, roasted sunflower seeds
1/3 cup (75 mL)	unsweetened, desiccated coconut (approx.)

Pulse prunes with almond butter and honey in a food processor until finely chopped. Transfer to bowl.

Stir in rice crisps and sunflower seeds by hand until well mixed.

Scoop level tablespoonfuls prune mixture; form into balls and roll in coconut to coat. Repeat until all mixture is used.

Transfer to an airtight container and refrigerate for 1 hour to set or for up to 1 week.

Makes about 24 balls.

Tips:

- Add in a sprinkle of hemp hearts, flax or chia seeds for added nutrition.
- For an indulgent twist, stir in 1 tbsp (15 mL) mini chocolate chips.
- Power balls can be frozen for up to 1 month; thaw before eating.

Per serving (1 power ball): 70 calories, 3.5 g fat, 1 g saturated fat, 0 mg cholesterol, 5 mg sodium, 9 g carbohydrates, 1 g fibre, 5 g sugars, 1 g protein. %DV 1% calcium and 2% iron.

Source: www.californiaprunes.ca