

HEART-HEALTHY* WALNUT RECIPE

Maple Walnut Energy Balls

Need a mid-day energy boost? These easy, no-bake Maple Walnut Energy Balls combine walnuts, oats, dates, and maple syrup and are rolled in diced walnuts for added crunch.



Maple Walnut Energy Balls

Recipe by Crowded Kitchen



INGREDIENTS

- 2 C California walnuts, plus ¼ cup for coating
- 1 C Old fashioned oats
- ½ C Medjool dates, pitted (about 7 dates)
- 3 Tbsp Maple syrup
- 2 tsp Vanilla
- ¼ tsp Salt

PREPARATION: 20 minutes **COOK:** 0 minutes

TOTAL TIME: 20 minutes **SERVINGS:** 16

DIRECTIONS

1. Add 2 cups walnuts, oats, dates, maple syrup, vanilla and salt into a food processor. Blend until smooth and the dough forms together into cohesive balls, about 1 to 2 minutes.
2. Finely dice the remaining ¼ cup walnuts and add to a plate.
3. Form the dough into 16 balls and roll each ball in the diced walnuts to coat. Store the energy balls in an airtight container in the fridge for a week, or in the freezer for up to three months.

Nutrition Information Per Serving: 179 calories, 11g total fat, 1g saturated fat, 8g polyunsaturated fat, 1g monounsaturated fat, 37mg sodium, 18g carbohydrates, 2g dietary fiber, 12g total sugars, 3g protein

*California walnuts are certified by the American Heart Association®. Heart-Check food certification does not apply to recipes unless expressly stated. See heartcheckmark.org/guidelines. Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts offers 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant-based omega-3.

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