PUMPKIN ENERGY BALLS RECIPE



INGREDIENTS

A heaping ½ c of pumpkin puree (canned or fresh)
1 ¼ c dry, rolled oats (gluten free or regular)
¼ c walnuts, chopped
⅛ c chocolate chips (or use dairy, soy, gluten free chips by Enjoy Life)
⅛ c raisins
½ TB Flaxseeds, whole or ground
½ tsp vanilla extract
½ tsp pumpkin pie spice
½ tsp cinnamon
1 ½ TB 100% pure maple syrup (No Aunt Jemima!)

Prep Time: 5 minutes
Mixing Time: 10 minutes
Chill Time: 30 minutes
Servings: 10 balls

Nutrition Facts
Serving Size 1 ball

Amount Per Serving	
Calories 94	
	% Daily Values*
Total Fat 3.8g	**6%**
Saturated Fat 0.8g	**4%**
Trans Fat 0g	
Sodium 1mg	**0%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 2g	**8%**
Sugars 5g	
Protein 2g	**4%**

* Percent Daily Values are based on a 2,000 calorie diet.

INSTRUCTIONS

1. Combine all ingredients into one large bowl. I started mixing with a poon then used my hands to press and fold everything together.
2. Roll into 10 balls about 1" in diameter.
3. Place on a wax paper lined pan or plate and chill for about 30 minutes.
4. That's it! Store in an air tight container either in the fridge or freezer.