

Apricot Oat Energy Balls

8 ingredients · 1 hour · 16 servings



Directions

1. Add half of the shredded coconut to a small bowl and set aside.
2. Add the remaining ingredients to a food processor and process until a sticky consistency is achieved.
3. Roll the batter into balls, with approximately two tablespoons of batter for each, until all of the batter is used up.
4. Roll each ball in the remaining shredded coconut to coat and transfer the balls onto a parchment-lined baking sheet. Transfer the baking sheet to the fridge to set for at least 30 minutes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to seven days. Freeze for up to three months.

Serving Size

One serving is equal to approximately one ball.

More Flavor

Add cinnamon and vanilla.

Make it Vegan

Use plant-based protein in place of the collagen powder.

Ingredients

1/2 cup Unsweetened Shredded Coconut (divided)

1 cup Dried Apricots

1/2 cup Pitted Dates

1/2 cup Oats (rolled)

1/2 cup Pumpkin Seed Butter

1/4 cup Hemp Seeds

1 oz Collagen Powder

1/2 tsp Sea Salt