



Martina's Energy Balls

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



161 kcal

SIDE DISH

Ingredients

- 4 figs dried chopped (soak in water if necessary to make them pliable)
- 0.3 cup honey
- 0.3 cup nuts chopped (see Notes)
- 1 cup oatmeal dry
- 1 tablespoon sesame seed
- 14 servings coconut dried shredded unsweetened flaked
- 0.3 cup soy milk plain unsweetened (not)

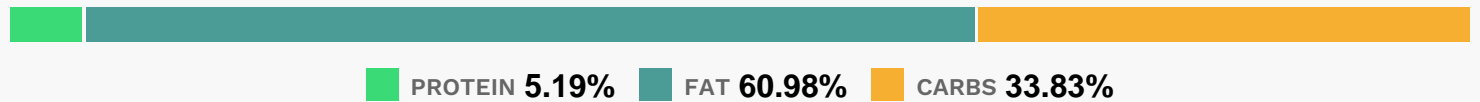
Equipment

- food processor
- bowl
- sauce pan

Directions

- Bring honey and soy milk in a medium saucepan to a boil over high heat; boil 1 minute. Set aside. Put coconut on a plate or in a shallow bowl and set aside.
- In a food processor, pulse oats, sesame seeds, nuts, and figs until finely ground.
- Add to honey mixture in saucepan and stir together. Wet your hands with water and roll 1-tbsp. portions of mixture into balls; then roll in coconut.

Nutrition Facts



Properties

Glycemic Index:14.89, Glycemic Load:5.04, Inflammation Score:-1, Nutrition Score:4.473913072244%

Nutrients (% of daily need)

Calories: 161.04kcal (8.05%), Fat: 11.63g (17.89%), Saturated Fat: 8.86g (55.4%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 11.23g (4.08%), Sugar: 8.89g (9.88%), Cholesterol: 0mg (0%), Sodium: 8.75mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.45%), Manganese: 0.59mg (29.52%), Fiber: 3.29g (13.16%), Copper: 0.2mg (10.05%), Magnesium: 28.2mg (7.05%), Phosphorus: 61.76mg (6.18%), Selenium: 3.95µg (5.64%), Iron: 0.93mg (5.15%), Zinc: 0.64mg (4.29%), Potassium: 136.09mg (3.89%), Vitamin B6: 0.06mg (3.22%), Vitamin B1: 0.04mg (2.66%), Vitamin B2: 0.04mg (2.24%), Calcium: 22.34mg (2.23%), Vitamin B5: 0.22mg (2.22%), Vitamin B3: 0.31mg (1.53%), Folate: 4.56µg (1.14%)