



Ultimate Power Balls



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



25

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 90 g prune- cut to pieces dried diced (prunes; see Note)
- ☐ 20 g indian puffed rice
- ☐ 40 g coconut shredded unsweetened

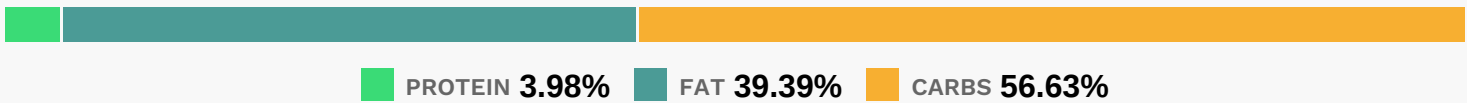
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ In a large bowl, toss together the puffed millet and puffed kamut or rice.
- ☐ Add the dried plums, chocolate chips, and sesame seeds.
- ☐ Stir in the sunflower butter and the honey. You should have a nice sticky mess! Cover the bowl with plastic wrap and refrigerate for 30 minutes.
- ☐ Place the coconut in a small bowl. Using a tablespoon, scoop the mixture and form it into 1-inch (2.5cm) balls with your hands.
- ☐ Roll the balls in the coconut and transfer to a container. You can store the power balls in the refrigerator for up to 1 week, or in the freezer in a zip-top freezer bag for up to 1 month, but I bet they won't last that long!
- ☐ There's a product from Sunsweet called Plum Amazins that is essentially just diced dried plums. Since they can be annoyingly sticky to chop up, I find the prediced ones helpful for putting this recipe together quickly.
- ☐ (per power ball)Calories 86Fat 4.9gsat 2gmono 1.9gpoly 0.7gProtein 1.4gCarbohydrates 24gFiber 1gCholesterol 0mgIron 0.6mgSodium 13mgPotassium 72mgCalcium 19mg
- ☐ Eating in Color
- ☐ Reprinted with permission from Eating in Color: Delicious, Healthy Recipes for You and Your Family by Frances Largeman-Roth. Copyright © 2014 Frances Largeman-Roth; photographs © 2014 Quentin Bacon. Published by Stewart, Tabori & Chang, an imprint of ABRAMS.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:0.92, Inflammation Score:-1, Nutrition Score:0.90130433942313%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 22.42kcal (1.12%), Fat: 1.05g (1.62%), Saturated Fat: 0.92g (5.75%), Carbohydrates: 3.4g (1.13%), Net Carbohydrates: 2.87g (1.04%), Sugar: 1.49g (1.65%), Cholesterol: 0mg (0%), Sodium: 0.69mg (0.03%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.24g (0.48%), Manganese: 0.07mg (3.33%), Fiber: 0.53g (2.12%), Vitamin K: 2.15µg (2.04%), Iron: 0.34mg (1.89%), Vitamin B3: 0.36mg (1.8%), Vitamin B1: 0.02mg (1.57%), Vitamin B2: 0.02mg (1.34%), Copper: 0.02mg (1.21%), Potassium: 35.94mg (1.03%)