

Toasted Quinoa and Almond Date Balls

(Makes 12 servings)

Ingredients

- 1 cup cooked (and cooled) quinoa
- 1 cup rolled oats
- ½ cup sliced almonds
- 5 teaspoons real maple syrup
- 5 ounces pitted Medjool dates (about 6)
- ¼ cup almond butter
- 1 tablespoon virgin coconut oil
- 1 teaspoon pure vanilla extract
- 1 teaspoon ground cinnamon
- ¼ teaspoon grated nutmeg
- 1/8 teaspoon kosher salt
- 2 tablespoons hulled hemp seeds
- 1 tablespoon chia seeds



Directions

1. Heat the oven to 350°F.
2. Pour the quinoa and oats into a medium-sized mixing bowl, and drizzle with maple syrup. Use your fingertips to combine the quinoa, oats, and syrup, making sure the quinoa and oats are evenly coated. Pour out the grains onto a sheet pan lined with parchment paper.
3. Bake 20 to 25 minutes, stirring once halfway through, until grains are golden brown and crisp. Let cool.
4. In a food processor, combine the dates, almond butter, coconut oil, vanilla, cinnamon, nutmeg, and salt. Pulse several times until combined and smooth. Pour into a large bowl. Add the almonds, hemp seeds, chia seeds, and toasted quinoa and oats. Mix well with your hands.
5. Shape into 24 balls (about 1-inch each). Store in an airtight container for up to one week.

Nutritional Analysis: *per serving (2 balls)*

- Calories: 197
- Total Fat: 9.5 g
- Saturated Fat: 1.8 g
- Cholesterol: 0 mg
- Sodium: 16 mg
- Carbohydrates 24 g
- Dietary Fiber 4 g
- Naturally occurring sugar 6.9 g
- Added sugar 2.1 g
- Protein 5 g

Source:

Healthy Recipes, Developed by Sara Quessenberry for [Cleveland Clinic Wellness](http://www.clevelandclinic.org/HeartHealthyRecipes)