



AJ's

Holistic Nutrition Coaching

Pre-Workout Gingerbread Oat Energy Balls

Ingredients:

- 10 Medjool Dates (pitted)
- 1 Cup of Raw Pecan Halves (sometimes I'll mix in Walnuts)
- 2 Tbs of Blackstrap Molasses, unsulphured
- 1 Tbs of Roasted Peanut Butter or Nut Butter of Choice (optional ingredient- helps cut Molasses)
- 1 tsp of Ginger Powder
- ¼ tsp of Cinnamon Powder
- 2 Tbs of Chia Seeds + 1/4 Cup of Water
- 1 Tbs of Ground Flaxseed + 2 Tbs of Water
- 1 Cup of Sprouted Rolled Oats

Directions:

1. Mix Chia Seeds, Ground Flaxseeds, Water, Molasses and Spices into a small bowl and let sit for 5 Minutes.
2. Take all ingredients and place into a food processor and blend!
3. Scoop out the desired size onto parchment paper (if scooped out with a Tablespoon, makes about 25 energy balls).
4. Can eat immediately, but better chilled!

Side Notes:

Can keep in the refrigerator for 1 week.

If I use Peanut Butter, I ensure to find brands that encompass ingredients of unsalted roasted organic peanuts with no additives, such as no added oils, sugars, etc. Almond Butter I ensure the ingredients are from raw organic almonds, no additives as well!

For a healthy dessert alternative- dip energy balls into melted vegan chocolate (cacao not cocoa) and sprinkle with coconut flakes!

Chill and enjoy!