

# Power Snack Balls

A nutritious high-fibre snack to take with you

## Helpful with the following side effects

- Fatigue
- Small appetite

## Recipe modifier to increase protein

- Add ½ cup of skim milk powder

Nutrition Facts	
Serving Size: 2 balls	
Amount	% Daily Value
<b>Calories</b> 220	
<b>Fat</b> 12 g	<b>18 %</b>
Saturated 2 g + Trans 0 g	<b>10 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 60 mg	<b>3 %</b>
<b>Carbohydrate</b> 25 g	<b>8 %</b>
Fibre 4 g	<b>16 %</b>
Sugars 14 g	
<b>Protein</b> 8 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	10 %

Preparation Time: **20** minutes

Total Time: **80** minutes

Makes **20** balls

### Ingredients

½ cup	Peanut butter
1 cup	Apple, grated (or ½ cup Apple Sauce)
1 cup (6–8)	Large dates, pitted
2 tbsp	Honey
½ tsp	Ground cinnamon (optional)
½ tsp	Ground ginger (optional)
1 cup	Large flake oats
1 cup	Shelled pumpkin seeds (Pepitas)

### Directions

1. Soak the dates in water for 5 minutes.
2. Grate the apple and cut the dates in small pieces.
3. In a bowl, mix all ingredients together until well combined and sticky enough to hold the shape of a ball.
4. Take 2 tablespoons of the mixture at a time and roll into a ball. Place them on a plate lined with parchment paper.
5. Roll the balls in ground pumpkin seeds before chilling (optional).
6. Refrigerate for 1 hour before serving.



If you use a food processor you can use whole peanuts instead of peanut butter.

Store in the refrigerator, covered, for up to two weeks. Or freeze in freezer bag for up to 3 months.



From: Nourish-Canada's nutrition companion for oncology patients and caregivers. Vol 1, issue 2. (2015 ) View, download at [www.nourishonline.ca](http://www.nourishonline.ca)