



# CASHEW DATE ENERGY BALLS (NO-BAKE)

## INGREDIENTS:

1 cup old-fashioned oats  
3 tablespoons roasted, salted cashews, lightly chopped  
3 tablespoons chopped dates (raisins or dried cranberries can be used instead)  
1/2 teaspoon ground ginger  
1/8 teaspoon salt  
1/2 cup creamy peanut butter (room temperature)  
1/4 cup honey

## DIRECTIONS:

- In a medium bowl, combine oats, cashews, dates, ginger and salt.
- Stir to mix.
- Add peanut butter and honey; mix well to thoroughly combine.
- Cover and refrigerate 20-30 minutes until mixture is easy to handle.
- Shape into 1-inch balls. Store covered in refrigerator.

Can be frozen in a single layer in a freezer container. Thaw completely before serving.

Submitted by Suzanne Kestell