GLOBAL · SNACK · BREAKFAST

No-Bake Oatmeal Energy Balls

15 min · Serves 10 · 331 kcal a serve · Video 4:34 · How To Cook Smarter

Vegan

Oats, flaxseed and peanut butter give fibre (about 7 g in two balls), protein and healthy fats, including more than a day's plant omega-3 from the flax, and dates do all the sweetening.

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Ingredients 6 · SERVES 10

- [ ] 3 cups **quick-cooking oats** (10 oz)
- [ ] ½ cup **peanut butter** (4 oz)
- [ ] ½ cup **ground flaxseed** (2½ oz)
- [ ] 1 cup **date paste**, bought or homemade from pitted dates soaked in hot water for 1 hour and blended
- [ ] the **soaking water**, blended into homemade date paste (about ¼ cup)
- [ ] ⅓ cup **coconut oil** (2½ oz)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Peanut. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. For date paste, cover pitted dates with hot water, leave 1 hour, then blend the dates and water until smooth (or use bought date paste). 1:14
2. Mix the oats, peanut butter, flaxseed, date paste and coconut oil with your hands or in a food processor. 1:02
3. If it is too dry to shape, add a little water. Stir in mix-ins if you like: the cook makes four flavours with dark chocolate, dried cranberries, chopped walnuts or chia seeds. 3:02
4. Roll tablespoons of the mixture into about 20 balls. 2:34
5. Eat straight away or keep in the fridge or freezer for up to 3 months.

> **Tip** Two balls are a serve. Homemade date paste needs a 1-hour soak first; bought date paste skips it. They are energy-dense, so they suit active days or a breakfast on the run.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
331 kcal	8.4 g	37 g	6.8 g	18 g	40 mg
1,380 kJ	17% of a day	30 g net · 14 g sugars	24% of a day	7.6 g saturated	2% of a day
		14% of a day		23% of a day	

Energy from net carbs 38% · protein 11% · fat 51%

High in (20%+ of a day) Omega-3 109% · Magnesium 23%

Source of (10–19%) Selenium 19% · Zinc 16% · Iron 11% · Vitamin B6 10%

Recipe and video: How To Cook Smarter (@HowToCookSmarter) on YouTube — youtube.com/watch?v=-UZNjbjAkrg, published 4 February 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/htcs-oatmeal-energy-balls