



### VANILLA MAPLE OAT BALLS

Grab and go oat-balls, easy to pop in your mouth and give you energy to get your day started. Eat 1-3 oat-balls depending on hunger levels.

 20 minutes

 20 minutes

 20.1 servings

## INGREDIENTS

- 1.5 cups of oats [234 g]
- 1/2 cup of nuts, almond butter, plain, without salt added [125 g]
- 1/4 cup of syrups, maple [79 g]
- 2 scoops of beverages, Protein powder soy based [90 g]
- 1/4 cup, ground of nuts, almonds [24 g]
- 1 tsp of vanilla extract [4 g]
- 1 tbsp of spices, cinnamon, ground [8 g]

## COOKING METHOD

- 1° Blend almonds in blender or food processor
- 2° Combine all ingredients together
- 3° Roll into 20 balls

## NUTRITIONAL INFORMATION

	PER 100 g	PER SERVING (28 g)	% DRI
ENERGY	426 kcal	119 kcal	6 %
FAT	18 g	5 g	8 %
FATTY ACIDS, TOTAL SATURATED	2 g	0 g	2 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	121 mg	34 mg	1 %
CARBOHYDRATE	48 g	13 g	4 %
SUGARS	13 g	4 g	—
FIBER	9 g	3 g	10 %
PROTEIN	21 g	6 g	—