



## Big River Energy Balls

**Yields:** 16 servings

**Total time:** 80 minutes

When you're headed out to make some memories, you need some energy, especially when there is water and sun involved. You might be fishin' with grandpa, taking a canoe trip with the girls, or creating a flotilla to float all your troubles away, but this is the perfect easy-to-eat and fire-you-up snack to have on the go. We've got cinnamon to warm you up (these go great with coffee), dates, coconut and maple syrup for some sweetness, and oats and almond butter to give you the energy and protein you need to go hard on some tough areas or give you the energy to slow burn down a lazy river. These are great to make at home and have for a snack during the week before work or school, too.

### *Ingredients*

- 6 dates
- 1 ¼ Tbsp cinnamon
- 2.5 C oats
- 1 C almond butter
- 1 ⅓ C maple syrup
- 3 tsp vanilla extract
- ½ tsp kosher salt
- 1 C shredded sweet coconut
- 1 C sliced almonds
- Cooking spray

### Directions

- Take the dates, cover with hot water, and set aside for 10 minutes to soften them up
- While dates soak, gather remaining ingredients and throw 'em in a steel mixing bowl
- Take the dates and dry 'em off and mince 'em up as the best as you can
- Spray your paws with cooking spray mix it really well
- Take a big serving spoon, spray that again, and roll into 64 balls
- Set 'em on parchment paper, and then chill them in the fridge for 45 minutes
- Take a bite and power up