

Herbal Legacy Recipes

Raw Almond-Oat Balls

from Nola R. in Eugene, Oregon U.S.A.

Pumpkin seeds make this wonderful little snack especially fun for fall.
Kids will really love these healthy cookies.

INGREDIENTS:

- 3 c. rolled oats
- ½ cup raw pumpkin seeds
- ½ cup raisins
- ¼ cup raw sunflower seeds
- 1 ½ teaspoons cinnamon
- ½ to ¾ cup almond butter or peanut butter
- ½ c agave syrup or brown rice syrup
- 1 ½ t. vanilla
- ¼ c shredded coconut



DIRECTIONS:

In a coffee bean grinder or food processor, grind into powder 1/3 cup of the rolled oats and ¼ cup sunflower seeds. Set aside.

Combine dry ingredients. Stir well.

Add almond or peanut butter, agave, vanilla and coconut. Mix well.

Fill a bowl with water to wet fingers and palms while forming balls.
Form 1 inch balls then coat with oat/pumpkin seed powder.

Place on cookie sheet and freeze 20 minutes. Remove and store in the refrigerator.
Makes 24 - 30 balls

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