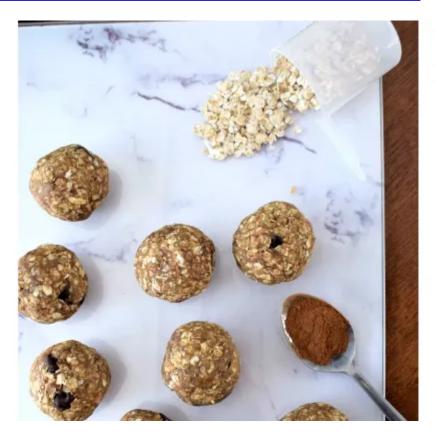
## **Apple-Cinnamon Energy Balls Rich in Iron**



Introducing our flavorful recipe for Apple-Cinnamon Energy Balls, packed with iron! These delightful treats provide a natural and energizing boost while satisfying your taste buds with the delicious combination of apple and cinnamon. A perfect way to meet your iron needs in a healthy and enjoyable manner.

Preparation 10 min
Cooking 0 min
Servings 12
Nutrition Facts (per serving)
Calories 180
Fat 8
Carbohydrates 23
Fibre 3
Protein 5
Sodium 15

## **Ingredients**

- 500 ml (2 cups) of quick oats
- 175 ml (3/4 cup) of baby oatmeal cereal
- 125 ml (1/2 cup) of natural sunflower seed butter or other nut or seed butter
- 60 ml (1/4 cup) of unsweetened applesauce
- 60 ml (1/4 cup) of maple syrup or honey

- 15 ml (1 tbsp) of semi-sweet chocolate chips (optional)
- 5 ml (1 tsp) of cinnamon
- A pinch of salt

Note: Baby oatmeal cereal is rich in iron and free of added sugar. It's a great ingredient to have on hand to boost our iron intake! You can add it to recipes for pancakes, muffins, cookies, and oatmeal.

## **Preparation**

- 1. Mix all the ingredients in a bowl. Stir well to obtain a smooth dough.
- 2. Use an ice cream scoop or simply your hands to form 12 balls, ensuring they are uniform in size. Roll them between your palms to make them round. Place in an airtight container in the refrigerator.

## **Notes**

Can be kept 1 week in the refrigerator, or up to 3 months in the freezer.



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