

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.



Elsa Rochette – Nutritionniste Diététiste à Québec
Registered Dietitian Nutritionist in Quebec City