



September 6- Apple Cinnamon Walnut Balls

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=465981>

Recipe

Ingredients:

- 1 cup dried apples
- ½ cup dates, chopped
- 1 Tablespoon coconut oil
- 1 teaspoon cinnamon
- 1 Tablespoon water
- 1 cup walnuts

Directions:

1. Combine first four ingredients in food processor; mix well.
2. Add water tablespoon by tablespoon until consistency is sticky.
3. Add walnuts and mix into a thick paste. Spoon into balls.

Yield 28 servings

Nutrition Facts

Serving Size 1 ball (10.69g)

Servings Per Container 28

Amount Per Serving

Calories 50 **Calories from Fat** 30

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 5g **2%**

Dietary Fiber <1g **3%**

Sugars 4g

Protein <1g **1%**

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.