Pumpkin Snack Balls by Amy's Table

Vegan, nut free, dairy free, lunchbox friendly

These balls are a delicious, not too sweet snack. I make a big batch and store them in the freezer. I use them for school lunches or a quick snack after the gym. You can use nuts if you want in place of the chocolate chips, or as well.

Ingredients

- 2 cups traditional rolled oats (or quick oats)
- 1 cups pumpkin, steamed and mashed*
- 2 tablespoons pumpkin seeds (pepitas)
- 2 tablespoons chia seeds
- 1 teaspoon pumpkin spice**
- Quarter cup maple syrup
- Half cup flax meal
- Pinch of salt
- Half cup dark chocolate chips
- Desiccated coconut (for rolling)
- Half cup vanilla protein powder (optional)
- Half cup of chopped pecan or walnuts if not making for school lunchboxes

Directions

- Mix all the dry ingredients together in a large bowl, oats, pumpkin seeds, chia seeds, pumpkin spice, flax meal, salt, chocolate chips, protein powder (if using)
- Add in the mashed pumpkin and maple syrup and mix well.
- Let it sit for a few minutes so the flax meal and chia seeds soak up any moisture
- If it seems too wet and sticky, add another tablespoon of chia seed, if it's too dry, add a little more maple syrup. Mix until you are happy with the consistency
- Take handfuls at a time, roll into balls and roll in the coconut. I added half a teaspoon of the pumpkin spice to the coconut too, but you can leave it plain. Make the balls whatever size you like, I make some smaller (cherry tomato size) for the kids and some larger for my husband and myself.
- Store them in them in the fridge, they'll last a week. Or in the freezer for 2 to 3 months.

*Mashed pumpkin – peel and cut the pumpkin into chunks, boil or steam until tender. I just mash with a little water, not too much, and store in the fridge until I'm ready to use it. You can add the salt and pumpkin spice to the mash if you want.

**Pumpkin spice mix – 1 tablespoon of nutmeg, 1 tablespoon of ginger and 1/3 cup of cinnamon. Mix together and store in a jar in the pantry.

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