

# Cookie Dough Balls

Servings: 8

Recipe courtesy of [Prescribe Nutrition](#)

## Ingredients

- 1 ½ cups gluten-free rolled oats
- 2 Tbsp coconut oil melted
- 2 Tbsp almond butter (or other favorite nut/seed butter)
- ¼ cup pure maple syrup
- 1 tsp pure vanilla extract
- ½ cup almond flour
- ¼ tsp sea salt
- ¼ cup cacao nibs



## What you'll need



measuring cups



measuring spoons



blender



hand mixer

## Nutrition Facts

Servings 8

Amount Per Serving

**Calories 185**

% Daily Value

**Total Fat** 10.5g **13%**

Saturated Fat 4.7g **24%**

**Cholesterol** 0mg **0%**

**Sodium** 117mg **5%**

**Total Carbohydrate** 20.8g **8%**

Dietary Fiber 4g **14%**

Sugars 10.7g

**Protein** 4g

Vitamin D 0mcg **0%**

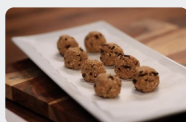
Calcium 15mg **1%**

Iron 2mg **9%**

Potassium 51mg **1%**

## Instructions

1. Line a plate or tray with parchment paper.
2. In a high speed blender or food processor, blend the oats (1 ½ cups) until you have a fine oat flour. Set aside.
3. In a large bowl, combine the melted coconut oil (2 Tbsp), almond butter (2 Tbsp), maple syrup (¼ cup) and vanilla (1 tsp) and beat with a hand mixer until completely smooth. Add the almond flour (½ cup), oat flour and salt (¼ tsp) and beat again. Fold in the cacao nibs (¼ cup).
4. Roll the dough into small bites, a bit smaller than a ping pong ball. Place them on the plate with parchment and freeze for 15 minutes before enjoying. Store them in the freezer.



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