

These energy-packed date balls are endlessly adaptable — perfect for hiking, snacking, or sharing with friends.

INGREDIENTS

makes about 16 balls

1/2 cup nuts (I used a mix of almonds, pistachios, and coconut flakes)

1/2 cup rolled oats

1/4 cup unsweetened cocoa powder

1 cup date paste (I bought mine, but you can just blend pitted dates)

Melted dark chocolate + salt for topping

DIRECTIONS

In a food processor, pulse the nuts until broken into small pieces.

Add the oats and pulse again briefly.

Add the date paste and cocoa powder. Process until the mixture becomes sticky.

If it feels too crumbly, add water one tablespoon at a time and continue processing until it holds together.

Scoop 1–2 tablespoons at a time and shape into balls. Place them on a parchment-lined baking sheet that fits in your freezer.

Coat with your choice of toppings. I used melted dark chocolate and a little salt, but you can also roll them in shredded coconut, hemp seeds, or leave them plain.

Freeze for 20 minutes, then transfer to an airtight container.

They'll stay fresh in the fridge for up to two weeks, or you can freeze them for up to three months. I like keeping a stash in the freezer and grabbing a few whenever I head out for a hike :)