

## Rockin' Flax Snack

Makes 20 servings

### Ingredients

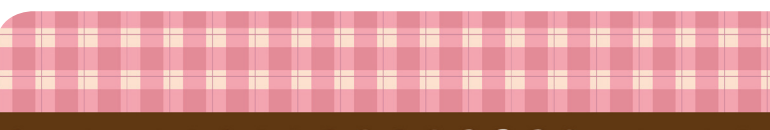
- ½ cup almond butter
- ¼ cup flaxseed meal
- ¼ cup 100% pure maple syrup
- ¼ cup unsweetened cocoa powder
- ¼ cup unflavored whey protein powder
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ½ teaspoon vanilla extract
- ¼ cup unsweetened shredded coconut

### Directions

1. In a medium bowl, mash almond butter and flaxseed meal together until well-combined.
2. Add maple syrup, cocoa powder, protein powder, cinnamon, nutmeg and vanilla. Mix until well combined.
3. Form 20 evenly sized balls out of the mixture. Then roll each ball in the shredded coconut and place on a platter or cookie sheet. Freeze uncovered for 30 minutes or until set.
4. Enjoy! Store leftovers in an airtight container in the freezer.



APPETIZER OR SNACK



### TIP

You can also use peanut or cashew butter in this recipe instead of almond butter.\*

\*Option not included in nutrition facts.

♥ = heart smart

⊗ = low sodium

Ⓜ = gluten free

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### Nutrition Facts

Serving Size 1 (17g)  
Servings Per Container 20 small balls

Amount Per Serving

Calories 80      Calories from Fat 45

% Daily Value\*

Total Fat 5g      8%

Saturated Fat 1g      5%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 55mg      2%

Total Carbohydrate 5g      2%

Dietary Fiber 2g      8%

Sugars 3g

Protein 4g

Vitamin A 0%      •      Vitamin C 0%

Calcium 4%      •      Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: nuts, milk

Carb choices per serving: 0