

# Health Is Best- Chia Seed Peanut Butter Balls

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Cooking and Prep:  25  
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Serves:  18

Contains:  

**Preference:** Parve

**Difficulty:** Easy

**Diet:** Vegetarian, Low Fat,  
Low Carb, Gluten Free,  
Pescetarian

**Source:** Kosher.com

Exclusive

This recipe is a favorite, healthy on-the-go snack of mine. It is nutrient dense, full of protein, fiber and healthy fats including omega 3s and 6s. It is quick and easy to make, gluten free and full of flavor. I like eating these treats right after working out to repair muscles and restore glycogen stores.

One of the ingredients incorporated in this recipe that makes it so great is Chia seeds. It is one of the most talked about "super foods" these days and it is for good reason! These seeds may be small but have big health benefits. Chia seeds, originally found grown in Mexico are seeds containing healthy omega-3 fatty acids, carbohydrates, protein, fiber, antioxidants and calcium. Chia seeds are unprocessed, whole-grains that can be absorbed by the body, unlike many others. One ounce (about 2 tablespoons) contains 139 calories, 4 grams of protein, 9 grams fat, 12 grams carbohydrates and 11 grams of fiber, plus vitamins, minerals and antioxidants. You may hear people saying that consuming chia seeds aids in weight loss. Unfortunately, while there's little scientifically proven evidence for the weight loss benefits of chia seeds, it is a great, nutritious addition to your diet for its other benefits.

Chia seeds themselves may not be a direct link to weight loss but its high fiber and healthy fat content aids with satiety, which may lead to one eating less. Unfortunately, there is no magic bullet (or seed) for weight loss. If you want to

lose weight, you'll need to follow a healthy, calorie-controlled diet and get more physical activity. These delicious treats will help you do just that! Enjoy!

## Ingredients (9)

### Main ingredients

- 2 cups (gluten free) oats
- 1/3 cup raw coconut
- 1/2 cup chia seeds
- 1/2 cup flax seeds
- 6 tablespoons **Gefen Peanut Butter** or other natural nut butter
- 1/2 cup **Gefen Honey**
- 1 teaspoon vanilla extract
- 1/3 cup plain Greek yogurt
- 1/2 cup **Gefen Sweetened Dried Cranberries**

## Start Cooking

### Prepare the Chia Seed Peanut Butter Balls

Yields 36 balls

1. Place oats into food processor and pulse until ground into very small pieces – not a powder.
2. Add coconut, chia seeds and flax seeds and mix until combined. Add nut butter, yogurt, honey and vanilla extract and mix together. Stir in dried cranberries.
3. Form one-inch balls and place on cookie sheet. For best results, refrigerate for 24 hours before consuming.

#### Note:

Yogurt may be added at the end and mixed by hand if your food processor is not dairy.

**Nutritional Information:**

Serving size: 2

Calories per serving: 150

Protein per serving: 9 grams

Carbohydrate per serving: 20 grams