



ShopRite



KIDZ COOK

Recipe of the Week!

TAKE ONE HOME AND TRY IT YOURSELF!

Apple Ginger Cookie Energy Balls (Yield: 24)

Ingredients

- 1 cup old fashioned rolled oats
- 3/4 cup sunbutter
- 1/2 cup finely shredded unsweetened coconut
- 1/4 cup maple syrup* (honey or dates)
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1/4 teaspoon sea salt
- 1/4 teaspoon grated or chopped apples

Instructions

1. Add all of the ingredients to a large mixing bowl: oats, sunbutter, coconut, maple syrup, apples, cinnamon, ginger, cloves, and salt.
2. Stir by hand with a wooden spoon or spatula, until the mixture is incorporated and sticky. Place the bowl in the refrigerator for 10 minutes, or until the mixture is firm and easy to shape.
3. With damp hands, take 1 tablespoon of dough and shape it into a compact 1-inch ball (squeeze a little as needed) and place it on a plate. (Keep a bowl of water by your side, since the mixture is easier to handle with damp hands.)
4. Repeat with the remaining batter.
5. Enjoy immediately or store in the refrigerator for 2 weeks or freeze for 3 months.

Notes

*If you prefer not to use maple syrup, you can swap raw honey or 1/3 cup chopped Medjool dates. If using dates, puree them in the bowl of a food processor along with the almond butter first, then add the resulting paste to the bowl with the other ingredients.

Store in the refrigerator for 2 weeks or freeze for 3 months.

Enjoy!

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