



**MYELOMA  
CANADA**  
MAKING MYELOMA MATTER

## SNACK

- Gluten-free
- Dairy-free
- Vegan

# Maple Pecan Energy Balls

## ENERGY SUPPORT



**Prep time:** 5 mins



**Cooking time:** none



**Ready:** 35 minutes



**Allergens:** contains nuts

**Makes  
approximately  
20 balls**



## INGREDIENTS

- 100g walnuts
- 100g pecans
- 100g almonds
- 1 tsp ground cinnamon
- 2 tbsp coconut oil, organic/ cold pressed
- 60g pitted dates
- 2 tbsp pure maple syrup (alternative: ¼ tsp stevia)
- 40g almond butter

## PREPARATION

1. Line a tray with baking paper on a flat surface and place to one side.
2. Place walnuts, pecans and almonds inside a food processor and blitz until the nuts are finely chopped.
3. Add the cinnamon, coconut oil, pitted dates, maple syrup and almond butter to the chopped nuts and blend together.
4. Test the consistency by squeezing a handful of the mixture to ensure it sticks together.
5. Transfer to a bowl and take a small handful of the mixture rolling it between the palm of your hands to form 2-3cm balls.
6. Place them on the baking paper spaced evenly and put in the fridge to set for 30 minutes. This will create approximately 20 energy balls.
7. Enjoy!

## RECIPE HEALTH BENEFITS

- Great source of protein that supports and boosts energy levels.
- Rich in Essential Fatty Acids (Omega 3 and 6). Omega 3 helps reduce inflammation in the body.
- High fibre content supports digestion and elimination pathways. This snack is best for those experiencing constipation.
- Contains powerful immune supporting antioxidants- particularly vitamins A and E.
- Rich in magnesium, calcium, zinc, copper, selenium, and folic acid.
- Cinnamon supports blood sugar balancing by improving the cell's ability to utilize glucose.

## TIPS

- **If diabetic**, it is best to either remove or replace the maple syrup with stevia in this recipe if you prefer a sweet snack. Although pure organic maple syrup is a healthy option compared to refined products, it is high in natural sugars.
- **Dates contain an amazing amount of nutrients** however, they too contain natural sugars. If diabetic it is important to consume small quantities and in moderation or avoid if advised by your health professional. You can reduce the amount in this recipe or remove and replace with extra coconut oil or nut butter to act as a binder for this delicious and nutritious snack.
- **When possible, choose organic nuts**, non-organic nuts can be exposed to pesticides and chemicals which are easily absorbed into the body. If you cannot find organic nuts be sure to give them a good wash before you eat them as you would do with fruits and vegetables.



This delicious nutrient dense recipe is the perfect energy boosting snack to enjoy at any time. They are best kept in the fridge for up to a week and can also be frozen for up to 3 months

Recipe by Gill Compton, CNM London:  
Naturopathic Nutrition/NaturalChef

### REFERENCES

CNM London Lecture. (2021). Nuts and Seeds.  
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