



Cinnamon Cranberry Cookie

no bake protein balls

Ingredients

- 1 1/2 cup of old fashioned rolled oats
- 1 cup of nut butter (cashew, almond, sunflower)
- 1/4 cup of maple syrup
- 2 TBSP of cranberries (or raisins)
- 1 TBSP of dates (*optional*)
- 1/2 tsp of cinnamon

Live Healthy at Home

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Tools and Equipment

- Measuring cups
- Measuring spoons
- Disposable gloves
- Mixing bowl
- Rubber spatula
- cookie scoop

Directions

- 1.) Place oats, nut butter, maple syrup, cranberries, dates and cinnamon in a large mixing bowl. Stir together to combine.
- 2.) Mixture might seem dry/crumbly at first but with continued stirring (may also knead by hand with gloves) it will come together.
- 3.) Once combined, use a small cookie scoop to scoop and form the balls.
- 4.) Store in a covered container in the fridge or freezer. Allow at least 30 minutes of cooling in fridge before consumption.