



# Healthy Pumpkin Protein Energy Balls

[DrDarleneThomas.com](http://DrDarleneThomas.com)

**MAKES 20-25 BALLS**

**PREP TIME: 10-15 MIN**

**TOTAL TIME: INCLUDING FREEZING  
1 HOUR 45 MIN TO 2 HOURS**

## Ingredients

**1 cup pumpkin puree**

**1 1/2 cups rolled oats**

**1/2 cup unflavored or vanilla protein powder (preferably plant-based like pea protein)**

**1/4 cup chia seeds (these add a health kick and help bind the mixture)**

**1/4 cup ground flaxseed (for added Omega-3s and fiber)**

**1/2 cup almond butter (or another nut butter of your choice with no added sugar)**

**2 Tbsp raw honey or pure maple syrup (you can adjust based on your preferred sweetness level)**

**1 tsp vanilla extract**

**1 tsp ground cinnamon**

**1/2 tsp ground nutmeg**

**A pinch of sea salt**

## Directions

- In a large mixing bowl, combine pumpkin puree, oats, protein powder, chia seeds, ground flaxseed, almond butter, honey or maple syrup, vanilla extract, cinnamon, nutmeg, and salt. Mix until everything is well combined.
- If you're adding shredded coconut or cacao nibs, fold them into the mixture now.
- Allow the mixture to chill in the refrigerator for about 30 minutes. This step is crucial as it makes the mixture more manageable.
- Once chilled, shape the mixture into 1-inch balls using your hands.
- Place the formed balls on a tray lined with parchment paper and freeze for an hour or until they're set.
- Once set, transfer the balls to an airtight container and store in the refrigerator.

These energy balls are dense in nutrients, rich in fiber and protein, and have a reduced sugar content. They are excellent for post-workout snacks, breakfast on-the-go, or a healthy midday pick-me-up!