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oil free   gluten free   nut free

### Sunflower–Cinnamon Spice Chia Balls

These may not look like much, but they are so incredibly delicious that I practically ate half the batter straight from the food processor. These are the perfect snack to give you a healthy boost of fats from the seeds instead of processed oils. Plus, many of the ingredients offer a nice dose of protein, especially the quinoa flakes. Be sure to use quick-cooking oats here. The old-fashioned variety will be too large and won't bind well. If you like, you can roll the balls in some extra cinnamon, but if that's too much for you, just leave them plain.

Prep: 15 minutes

Yields: 14 balls

1 cup (112g) quinoa flakes or gluten-free quick-cooking oats  
2 tablespoons (24g) coconut sugar  
2 tablespoons (24g) [chia seeds](#)  
1 tablespoon (12g) pumpkin seeds  
1 1/2 teaspoons (4g) [ground cinnamon](#)  
1/4 teaspoon (1g) [ground allspice](#)  
1/8 teaspoon fine salt  
1/8 teaspoon ground black pepper  
3 tablespoons (60g) pure maple syrup  
7 tablespoons (112g) sunflower seed butter (such as SunButter)

1. Add the quinoa flakes, sugar, chia seeds, pumpkin seeds, cinnamon, allspice, salt, and pepper to a food processor, and process just until well mixed. Add the syrup, sunflower seed butter, and 1 tablespoon (15g) water, and pulse until large sticky clumps form and the mixture holds together when pressed with your fingers.

2. Form 1-inch balls with your hands. Store them in the fridge in a sealed container for up to 14 days.

Nutrition per ball: 110 calories | 5.4g fat | 3.3g protein | 12.8g carbs | 2.3g fiber | 5.5g sugar | 50mg sodium

Tip



For sunflower seed butter, I use the SunButter brand that has no added oils and just a small amount of sugar and salt. I prefer the flavor of this brand. If you don't need these to be nut free, peanut butter and cashew butter are delicious subs. I wouldn't recommend almond butter, as it makes the balls too greasy, and they won't hold together as well.



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