

Pumpkin Seed Balls

Makes 12 servings | A Diabetic-Friendly Recipe

Ingredients:

- 1 cup old-fashioned oats
- 1/2 cup pumpkin seeds (pepitas), unsalted
- 1/4 cup ground flaxseed
- 1/2 teaspoon cinnamon
- Pinch of salt
- 1/3 cup natural no-sugar-added peanut butter
- 2 tablespoons sugar-free maple syrup or liquid stevia blend
- 1/2 teaspoon vanilla extract



Directions

1. In a large bowl, combine oats, pumpkin seeds, flaxseed, cinnamon, and salt.
2. Add peanut butter, sugar-free syrup or stevia blend, and vanilla.
3. Stir until the mixture is well blended and forms a sticky dough.
4. Chill in the refrigerator for 20 to 30 minutes to make it easier to handle.
5. Roll into 1-inch balls using clean hands or a small cookie scoop.
6. Store in an airtight container in the fridge for up to 1 week.

Cooking Tidbit

Toasting pumpkin seeds enhances their nutty flavor and adds extra crunch, making them an even tastier addition to snacks and baked treats.