
Pistachio Energy Balls

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1 heaping cup raw pistachios

1 1/2 teaspoons vegetable oil

Kosher salt

1/3 cup rolled oats

1/3 cup (4 to 6 dates) finely chopped pitted dates

1/4 cup sweetened shredded coconut

1/4 cup honey

Preheat the oven to 375 degrees.

Spread the pistachios on a baking sheet. Bake until lightly toasted, 8 to 10 minutes.

Immediately transfer to a food processor. Pulse until finely chopped. Remove and set aside two tablespoons of the chopped pistachios for coating.

Add the vegetable oil and a big pinch of salt to the remaining pistachios in the food processor. Process, scraping down the sides as needed, until the pistachios start to clump. Then continue processing until creamy and smooth, up to 10 minutes total.

Scrape the pistachio mixture into a medium bowl. Add the oats, dates, coconut and honey. Beat with a mixer on medium-high speed until combined.

Roll the mixture into 3/4- to one-inch balls (there should be 12 to 15). Roll in the reserved chopped pistachios.

Set the balls on a plate. Refrigerate until firm, about 30 minutes.

Yield: 12 to 15 energy balls

Dessert

Per Serving (excluding unknown items): 421 Calories; 8g Fat (17.2% calories from fat); 5g Protein; 88g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Fat; 4 1/2 Other Carbohydrates.