

Ingredients

12 servings

1 cup almonds
1 cup raisins
1 tsp. cinnamon

Optional

2 Tbsp. shredded coconut
additional tsp. cinnamon
1 tsp. vanilla extract

*Recipe from
fannetasticfood.com*

Directions

- 1) Rinse almonds and raisins in water.
- 2) Put almonds, raisins, and cinnamon in food processor and blend until well-mixed.
- 3) Form into balls and store in refrigerator.



Cinnamon Raisin Cookie Balls

Amount	1 cookie
Calories	106
Fat (g)	6
Sat. Fat (g)	0
Carb. (g)	12
Fiber (g)	2
Protein (g)	3
Allergen info: Gluten free, Vegan	

Sport Nutrition Questions:

Shawn Hueglin, PhD, RD, CSSD
(714) 277-5378;
shawn.hueglin@usoc.org

Elizabeth Broad, PhD, AdvSpDiet
(619) 482-6139
Elizabeth.Broad@usoc.org

Jasmine Chu, MS
(619)-850-6464
chu.jasmine@gmail.com

Cooking Tip

Instead of almonds, feel free to substitute another type of nut such as walnuts, cashews, or a mixture of different nuts.

Instead of forming balls, the cookie “dough” can also be pressed into a small wax-paper lined pan and cut into squares. Pack one or two into a ziploc bag and store in the fridge/freezer to grab for an on-the-go snack.

