

NO-BAKE PECAN PUMPKIN PIE BALLS



AUTHOR: DERYN MACEY **PREP TIME: 10 MINS** **TOTAL TIME: 10 MINUTES**
YIELD: 20 **CATEGORY: SNACK** **METHOD: FOOD PROCESSOR**
CUISINE: AMERICAN **DIET: VEGAN**

These no-bake pumpkin pecan balls take minutes to make with just a few simple, wholesome ingredients.

They're healthy enough for breakfast or snacking but decadent enough for dessert. Roll in cinnamon sugar for an extra treat!

★★★★★

5 FROM 1 REVIEWS

SCALE

INGREDIENTS

1.5 cups (185 g) raw pecans
1 cup (100 g) rolled or quick oats
1.5 cups (330 g) packed, soft pitted dates
1/4 cup (60 g) pumpkin puree
1.5 tbsp pumpkin pie spice, see notes
1/4 tsp sea salt
1 tbsp (15 mL) maple syrup

INSTRUCTIONS

- 1 Add the oats and pecans to a food processor or blender and mix until broken down into a grainy flour.
- 2 Add the rest of the ingredients and mix until it forms a thick, sticky dough. It should come together in one big ball and you should easily be able to press the dough between your fingers. If it's crumbly, add 1-2 tsp warm water and process again.
- 3 Use your hands to roll the dough into about 22 balls.
- 4 Option to roll the finished balls in coconut or a mixture of sugar and cinnamon.

NOTES

Coating Ideas: Mix together coconut sugar (or any granulated sweetener) with a pinch of cinnamon or use shredded coconut. Roll finished balls to coat.

Storing: In an airtight container for up to 1 week in the fridge or 2 months in the freezer. Okay at room temperature for a day or two if taking to-go, they'll just start to get a bit soft. Keep cool if possible.

Pumpkin Pie Spice: If you can't find pumpkin pie spice, use 2 tsp cinnamon and 1/2 tsp each nutmeg, ginger and allspice.

Optional: Try adding 1/3 cup dairy-free chocolate chips or chopped dark chocolate for an extra treat!

nutrition facts

Serves 22

Serving Size: 1

Calories Per Serving: **109**

% DAILY VALUE

Total Fat	7% 5.6g	Sodium	2% 53.5mg	Total Carbohydrate	6% 15.7g	Dietary Fiber	8% 2.2g
Sugars	11.3g	Protein	3% 1.4g	Vitamin A	5% 44.7µg	Vitamin C	0% 0.3mg
Calcium	2% 19.7mg	Iron	3% 0.6mg				

Keywords: pecan pumpkin balls, no-bake pumpkin balls

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