

Raw Food Snacks - Cinnamon Bun Balls

These lovely raw food snacks tastes just like cinnamon buns. They are simply delicious. Try them!

Submitted by [AngelasHeavencom](#)

Prep Time: 10 mins

Total Time: 10 mins

Servings: 10

Yield: 10 servings

Ingredients

½ cup walnuts

5 Medjool dates, pitted

3 tablespoons ground cinnamon

1 teaspoon ground cardamom

1 tablespoon finely chopped walnuts, or to taste



Directions

Step 1

Blend 1/2 cup walnuts, dates, cinnamon, and cardamom together in a blender until almost smooth. Roll mixture into little balls. Place finely chopped walnuts in a shallow bowl and roll balls in walnuts to coat. Store balls in refrigerator.

Nutrition Facts

Per serving: 62 calories; total fat 5g; saturated fat 0g; sodium 1mg; total carbohydrate 6g; dietary fiber 2g; total sugars 3g; protein 1g; vitamin c 0mg; calcium 30mg; iron 0mg; potassium 68mg