

Ingredients

Preparation time: 20 minutes

Servings: 12

1 cup almonds
1 cup raisins
1 Tbsp. cinnamon

Optional Add-Ins:

2 Tbsp. shredded coconut
1 tsp. vanilla extract
1 Tbsp. ginger
1 tsp. nutmeg
½ cup protein powder

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.

Recipe from
fannetasticfood.com



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

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 |
| Gluten free, Vegan. | |

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Cooking Tip

Instead of almonds, feel free to substitute another type of nut such as walnuts, cashews, or a mixture of different nuts. For a tart flavor, substitute dried cherries or cranberries for raisins. 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 plastic baggie and store in the fridge/freezer for an on-the-go snack.

Performance Facts

Almonds are a good source of polyunsaturated fatty acids as well as fiber. One serving of almonds (about 28 almonds) provides 3 grams of fiber and 37% of daily vitamin E needs. Vitamin E has numerous antioxidant properties, including scavenging free radicals caused by oxidative stress and protecting cell membranes.

