

Pistachio Pecan Power Balls

SNACKS & DESSERTS

Blender • ~15 min • Makes 15 balls • 1 ball each

GOOD SOURCE OF FIBER

CALORIES 160

• PROTEIN 4 G

• FIBER 3 G (11% DV)

INGREDIENTS

- 2 cups shelled pistachios
- ½ cup raw pecans
- 1 cup diced dried plums (or dates)
- ½ cup shredded, unsweetened coconut
- ¼ cup lime juice
- Zest of 1 lime

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DIRECTIONS

- 1 Combine all ingredients in a food processor or blender.
- 2 Roll into balls about 1½ inches across.
- 3 Freeze or refrigerate for a quick, grab-and-go snack.

WHAT MAKES THIS FILLING. The nuts do the work. Pistachios and pecans carry the fat, protein and fiber that make a small ball satisfying, and the dried plums bring the sweetness, so the recipe adds no sugar of its own. Three grams of fiber in a single ball is a good source, which is a lot for something this size.

NOTE. One or two is the portion, not a handful. At 160 calories a ball these are closer to a small meal than to a bite, which is what makes them worth reaching for at three in the afternoon and worth counting the rest of the time.

MAKE IT YOUR OWN. Dried plums and dates work the same way here, so use whichever your store carries. The lime keeps the sweetness from flattening. Use both the juice and the zest; the zest is the half people skip.

Fiber uses FDA thresholds: 20% or more of the Daily Value is an excellent source, 10–19% a good source (21 CFR 101.54); the fiber Daily Value is 28 g. Protein is shown in grams. Per-serving values are from USDA FoodData Central reference amounts, approximate, and vary with brand, variety, and preparation.



Makes one batch, 15 balls. What to **buy**. The card on the other side has what to use.

CHECK OFF EACH BOX AS YOU SHOP

2 limes • you need about ¼ cup of juice and the zest of one

- ☐ 1 bag shelled pistachios · you need 2 cups
- ☐ 1 bag raw pecans · you need ½ cup
- ☐ 1 bag diced dried plums, or dates · you need 1 cup
- ☐ 1 bag shredded unsweetened coconut · you need ½ cup

write the rest of your list here, so it all travels on one page

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