

### No-Bake Blueberry Almond Energy Snack

**Ingredients:**

- 2/3 cup finely chopped raw almonds
- 1/3 cup dried blueberries
- 1 ¼ cup old-fashioned oats
- ½ cup almond butter
- ¼ teaspoon salt

Prep time: 10 minutes

Total Time: 20 minutes



**Directions:**

1. In a large bowl, mix together all of the ingredients until completely combined.
2. Take portions of the mixture and form into small balls using your hands and place on a baking sheet. TIP: keep your hands damp with water will help prevent the mixture from sticking to your hands while rolling into balls
3. Place balls in the freezer for 10 minutes or refrigerator for 1 hour to set. Store in the refrigerator in an airtight container for up to 1 week.

**Recipe from: The Seasoned Mom** <https://www.theseasonedmom.com/no-bake-blueberry-almond-energy-snacks/>