

No Bake Pumpkin Spice Balls with Dark Chocolate

Catherine Brown, plant-based chef & culinary nutritionist at [A Seat at My Table](#)



Total time: 2 hours, 15 minutes Prep Time: 15 minutes Chill Time: 2 hours Bake Time: None

Here's what you need for about 20 balls:

3/4 cup crunchy nut butter (I used almond)

1/2 cup pumpkin puree

3 Tbsp maple syrup

1.5 cups rolled oats

1/2 cup ground flax seeds*

1/2 tsp salt

3 tsp pumpkin pie spice

2 Tbsp walnuts, toasted & finely chopped (I used red walnuts)

1/2 of a 3.5 oz 70% dark chocolate bar, finely chopped

* Flax will stay fresher if purchased whole and ground as needed. A coffee grinder works well for grinding. Store seeds in the freezer.

The Process:

1. Combine everything except the walnuts in a medium bowl.
2. Cover and Chill for at least two hours or overnight.

3. Scoop out a rounded tablespoon (1.1oz or 30g), roll into a ball, then roll in the chopped walnuts, pressing slightly so they stick. That's it. You're done.

Store in the refrigerator for up to a week or in the freezer for two months. Check below for nutrition information.

Nutrition Facts	
Servings: 10	
Amount per serving	
Calories	385
	% Daily Value*
Total Fat 27.4g	35%
Saturated Fat 4.2g	21%
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 27.5g	10%
Dietary Fiber 8g	28%
Total Sugars 10g	
Protein 13.6g	
Vitamin D 0mcg	0%
Calcium 141mg	11%
Iron 4mg	24%
Potassium 129mg	3%
<small>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
Recipe analyzed by verywell	

Nutrition information is for 2 balls.

If you make this recipe, I'd love to hear how you and your guests liked it! Snap a photo and tag me too, **#chefcatherinebrown**. **I love seeing what you make!**