



ENERGY BOOST BALLS

Little energy balls which pack a punch of goodness, great for an afternoon pick me up!

NOURISHED ● **LIFE**

Nourish your mind, body and soul



ENERGY BOOST BALLS

Servings: 8 Balls

INGREDIENTS:

- 150G PITTED DATES (SOAKED IN WARM WATER IF NOT SOFT)
- 50G NATURAL PEANUT BUTTER
- 50G DARK CHOCOLATE CHIPS
- 25G CHIA SEEDS (OR FLAX SEED)
- 40 G ROLLED OATS



METHOD:

1. Pulse the soft pitted dates in a blender or food processor until broken up into small pieces or forming a lumpy paste.
2. Add the oats, chocolate chips, chia seeds and peanut butter and pulse until fully combined.
3. Divide the mixture into 8 evenly sized balls and carefully roll in your hands.
4. Lay on a baking tray or plate and set in the freezer for 15 minutes.
5. Once set, enjoy!

Top tip: Sub the peanut butter for almond, or add raisins instead of chocolate chips. Store in an airtight container in a cool place.

Per serving:



% of an adult's Reference intake (8400kj / 2000kcal). Typical values per 100g: Energy 268kJ/64kcal

IMPORTANT INFORMATION

*Allergen information is compiled using data obtained from the manufacturer of products we have used. If you decide to use a different product there may be a different allergen declaration, so please check the labels of all the ingredients you purchase to make this recipe. This information is for guidance only.
Nutritional information has been compiled by Registered Nutritionists using an industry standard software system (FDH Saffron). Please bear in mind that the nutrition will change depending on the products that you use to make this recipe. This information is for guidance only.

Contains: Gluten, Milk, Nuts, Egg