

Energy Balls:



Ingredients	Method
100g almonds 200g medjool dates 2 tablespoons cocoa powder 1 tablespoon peanut butter 1 tablespoon coconut oil	<ol style="list-style-type: none"> 1. Begin by placing the almonds in the food processor and pulsing until they are nicely crushed. 2. Add the medjool dates and coconut oil and pulse until it's fully mixed. 3. Add peanut butter & cocoa powder and then mix again in the food processor. 4. Take a tablespoon of the mixture and roll into a ball. Continue doing this until the mixture has finished. 5. Place the rolled balls into the freezer for around 30 minutes - 1 hour, then remove and store in an airtight container in the fridge.
Source: https://deliciouslyella.com/recipes/cacao-almond-energy-ball/	

or

Healthy Snack:	Energy balls
Ingredients	Quantity
Oats	50g
Peanut butter	125g
Honey	1 1/2 tbsp.

Orange- zest & juice Desiccated Coconut Golden syrup Chocolate-white	1 3tbs 1tbs 50g
Method:	<ol style="list-style-type: none">1. In a bowl mix together the oats, peanut butter, honey, orange zest & juice and golden syrup.2. Take a tablespoon of the mixture and roll into a ball. Continue doing this until the mixture has finished.3. Place the rolled balls into the freezer for around 30 minutes - 1 hour, then remove4. Melt chocolate and placed coconut in a bowl / or on a plate.5. Place energy ball in chocolate and then in coconut