

HONEY AND PEANUT BUTTER ENERGY BALLS



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Makes: 20
Prep: 10 mins
Chill: 20 mins



Nutrition per
serving:
113 kcal
6g Fats
14g Carbs
3g Protein
2g Fiber



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WHAT YOU NEED

- 2 medjool dates, pitted (220g)
- 1 tbsp. honey
- 1 tsp. ground cinnamon
- ½ cup (130g) crunchy peanut butter, natural
- ½ cup (60g) almond meal
- ¼ cup (25g) desiccated coconut
- ¼ cup (37g) raisins
- ¼ cup (37g) peanuts, chopped

WHAT YOU NEED TO DO

Place the dates, honey, cinnamon, peanut butter, almond meal, coconut, raisins and peanuts in a food processor. Blitz until well combined, the mixture should be a thick paste-like consistency.

Roll level tablespoons of the mixture into balls and place on a plate. Refrigerate for 20 minutes to set or until firm.

Store the balls in an airtight container in the fridge for up to 1 week.

