



Energy Balls

Serves 10

- 1 cup (120g) dates, without stone
- ¾ cup (60g) almond meal
- ½ cup (30g) desiccated coconut
- 2 tbsp. chia seeds
- 2 tbsp. coconut oil, melted
- 1 tbsp. natural peanut butter

What you need to do

1. Place all ingredients in a high-speed blender or food processor and blitz until everything is well combined and chopped to small pieces.
2. Using your hands, form 10 balls about the size of a walnut. Place them in the fridge to chill for at least 1 hour so that they become more solid.
3. Store in the fridge in an airtight container for up to 2 weeks.



GF	DF	LC	MP	V	Q	N
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	
15 mins	0 mins	137	9	11	2	

*Nutrition per serving