

Chocolate and nut energy balls

Makes 15 – 20 energy balls

280g mixed nuts
150g porridge oats
250g dates
50g seeds – sunflower, linseed, chia, sesame, pumpkin
50g cocoa powder
2 tablespoons coconut oil or dairy-free margarine, melted
50g desiccated coconut
A few drops vanilla extract
1 tablespoon diluted coffee
pinch salt

1. In a food processor, blitz the nuts and oats together to fine pieces.
2. Add the remaining ingredients and 1 tablespoon cold water. Blitz again until the mixture blends together. If the mixture is too dry to stick together, add 1 tablespoon cold water.
3. Scoop out the mixture onto a large plate. Take small pieces of the mixture and roll into balls. Place on a baking tray lined with baking parchment. Place in the fridge until firm.
4. Store in an airtight container in the fridge and eat within 5 days or freeze for up to 3 months.



Peanut and chocolate energy balls (date free)

Makes 25 portions

260g peanut butter

150g honey or golden syrup

160g porridge oats

2 tablespoons cocoa powder

50g mixed seeds – linseed, chia, sesame, sunflower

90g dark chocolate chips or chocolate, chopped

1. Weigh the peanut butter and honey / golden syrup into a large saucepan. Stir over a low heat to melt. Turn off the heat.
2. In a large mixing bowl, mix the oats, cocoa powder and mixed seeds together.
3. Stir in the honey and peanut butter until combined.
4. Stir in the chocolate chips and leave for 30 minutes for the oats to absorb the moisture.
5. Take spoonfuls of the mixture and roll into balls. Leave to set.
6. Store in an airtight container in a fridge for up to 5 days.



