



Honey & Peanut Butter Energy Balls

Makes 20

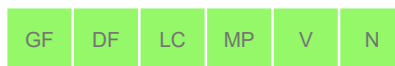
12 medjool dates, pitted (220g)
1 tbsp. honey
1 tsp. ground cinnamon
½ cup (130g) crunchy peanut butter, natural
½ cup (60g) almond meal
¼ cup (25g) desiccated coconut
¼ cup (37g) raisins
¼ cup (37g) peanuts, chopped

What you need to do

Place the dates, honey, cinnamon, peanut butter, almond meal, desiccated 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.



Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	113	6	14	3

*Nutrition per serve

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