

MAKES ABOUT
12 BALLS



SIMPLE STORE CUPBOARD & MONEY-SAVING LEFTOVER RECIPES

ENERGY BALLS

A simple healthy snack, great with coffee, tea or a glass of water – saves you reaching for the unhealthy chocolate bar!

TIPS

- For the flavourings – go crazy! What is in your cupboard?

Cranberry & coconut

Peanut butter & cocoa

Cocoa & chocolate chip

Mocha – ground coffee & cocoa

The list is endless, great time to use up what you have in the cupboard!!

- These will last in the fridge for over a week

INGREDIENTS

100g pitted dates, chopped - you can use other dried fruit if you don't have these

100g cashew nuts – again you can use other nuts if you don't have cashew

Pinch salt

Drop vanilla extract

3 tbsp coconut oil – if you don't have this, try honey, maple syrup,

STEP 1.

Put the nuts, dates, vanilla, salt, coconut oil in a blender & pulse until smooth

STEP 2.

Now add your extra ingredients pulse again if you need too

STEP 3.

Roll into balls, you can roll the mixture in cocoa powder, desiccated coconut if you want too!

STEP 4.

Pop them in the fridge, they will last for over a week – if you don't eat them all at once!