



Almond & Cranberry Energy Balls

Makes 20

10 Medjool dates, pitted
1 cup (90g) rolled oats
¼ cup (35g) cranberries, dried
¼ cup (35g) almonds
4 tbsp. almond butter

What you need to do

1. Place the dates in a food processor and blitz until a smooth paste forms. Add the rolled oats, dried cranberries, almonds and almond butter and pulse until well combined.
2. Using slightly wet hands, roll tablespoonfuls of the mixture into balls. Place in the fridge for 1 hour to set. Store in an airtight container in the refrigerator for up to 2 weeks.



DF	LC	MP	V	Q	N
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Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	1 hr	59	3	7	2

*Nutrition per serving