



Peanut Butter Energy Balls

Serves 20

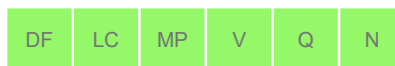
8 pitted medjool dates (½ cup)
1 cup (80g) rolled oats
½ cup (130g) peanut butter,
drippy
4 tbsp. honey
1 tsp. vanilla extract
pinch of sea salt

What you need to do

Place the oats in a food processor or high-speed blender and blitz until you have oat flour.

Then, add the rest of the ingredients and process for 1–2 minutes until the dough is formed.

Using a tablespoon, scoop out dough and roll with your hands to form balls.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	0 min	84	4	12	2

*Nutrition per serve

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