



Energy Balls



Ingredients:

10/15 balls (I do like mine small)

50gr oats

250g dates, stoned

100gr Mix nuts and seeds grinded

50g Maple syrup

1 small scoop of protein powder

3tbsp Shredded coconut

Homemade energy balls are really simple to make and, because you've made them yourself, you know exactly what you are putting into them. Good fats and protein!

Method

Blend the oats, dates and nuts and seeds together in a food processor.

Add the maple syrup and blend once more. Roll into balls, Roll them on shredded coconut place in fridge for 30-60 minutes to firm up and enjoy!

These will keep for up to four/five days in the fridge.

Karelle Laurent

<http://www.karellelaurentnutrition.com>