

THE ULTIMATE

Healthy energy balls



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Ingredients



4–5 medjool dates

2 tablespoons oats (gluten-free)

1/2 cup natural peanut or almond butter
(unsalted)

1/2 cup (80gr) dark chocolate

1/2 tablespoon coconut oil

Method

- Add dates to a mixer and pulse until dates are finely chopped and form a sticky ball. Add in oats and pulse a few more times until combined.
- Add peanut butter or almond butter and process until combined. If the mixture seems too oily, add another tablespoon of oats. Scoop out peanut or almond butter dough by the tablespoon and roll into balls. Place balls on parchment paper. Place peanut butter balls in the freezer until firm (I suggest overnight). This step makes it easier to dip the balls into the chocolate.

Method

- A couple minutes before taking the balls out of the freezer, combine your chocolate chips with the coconut oil and melt the mixture in a bain-marie
- Dip chilled balls into the melted chocolate and roll until covered. Place back on parchment paper.
- Once all balls are covered, place back in freezer until hard. Store in freezer or fridge until ready to enjoy.

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