

# Energy Balls

*These are great to take on the go for a snack and you can vary the ingredients as you wish.*

## Equipment:

Mixing bowls

Bowl

## Ingredients:

1 cup of oats

$\frac{3}{4}$  cup peanut butter (smooth or crunchy)

$\frac{1}{3}$  cup ground flaxseed

$\frac{1}{3}$  cup hazelnuts (can use other nuts)

$\frac{3}{4}$  cup desiccated coconut

$\frac{1}{4}$ -  $\frac{1}{2}$  cup agave syrup (or other sweetener, depends on sweetness you want)

2 tbsp cup chocolate chips

1 tbsp powdered superfoods

*Depending on texture you may need:*

$\frac{1}{4}$  cup rice milk or juice



Serves: About 20  
Prep time: 15 minutes  
Cooling time: 20-30 minutes

*Top Tips:* You can try a range of ingredients with these – all kinds of dried fruits, goji berries, seeds etc. When using chocolate chips you will need more 'sticky' ingredients to bind, like syrup or dates.

## Method:

1. Mix all the ingredients (except the milk/juice) together until well mixed (the peanut butter will need a little extra mixing!)
2. The mix needs to bind together somewhat so you may need to add a little liquid to bind it.
3. Place in the fridge to cool and after about 20 minutes it should be ready to shape into balls.
4. You can make them what ever size you wish – the ones in the picture are bite-sized for kids. Enjoy : )

*Top Tip:* These are great to take on hikes or other physical activities