

Energy balls

Start the new year full of energy

Energy balls, often known as power balls or energy bites, are an ideal, healthy snack for anyone who needs a little energy boost in everyday life. They are not only delicious, they are also packed with nutritious ingredients and offer an excellent alternative to industrially processed sweets.

The recipe is flexible and can be adapted to suit any taste.

Recipe tip from Jessica



Ingredients:

- 120 g dates, soft and pitted (alternatively, you can use dried mulberries, blueberries and blackberries instead of dates)
- 130 g sunflower seeds (alternatively, you can also use pumpkin seeds)
- 20 g rolled oats (alternatively, you can also use ground nuts - almonds or hazelnuts work well here)
- vanilla extract
- For topping: coconut flakes, cocoa powder, chia seeds
- Optionally, you can also add a little honey or a few linseeds

Preparation:

- Chop the rolled oats and sunflower seeds using a food processor.
- Add the dates and chop again until the mixture sticks together well and everything is finely chopped.
- If the mixture is too dry, you can add a few more dates or honey.
- Chill the mixture briefly (approx. 15 minutes).
- Then form small balls and roll in grated coconut. Alternatively, you can also use chia seeds or cocoa powder.
- They will keep in the fridge for approx. 1 week