



Chocolate Peanut Butter Energy Balls

Serves- makes approximately 26 balls

Prep time- 25 mins plus minimum 1hour chilling

Cooking Time- 8 mins

Special Equipment- Food Processor

Cost Per Serving- £0.30 (3 balls)

Ingredients

1 cup (approx 60g)- oats – **36g carb**

2/3 cup (approx 40g)- desiccated coconut - **3g carb**

½ cup (157g)- smooth peanut butter – **17g carb**

½ cup (20g) - wheat bran – **5g carb**

1/3 cup (approx 90g)- runny honey – **82g carb**

¼ cup (approx 12g)- raw cacao or cocoa powder – **4g carb**

1 tsp vanilla extract – **6g carb**

30 g sesame seeds – **0g**

Pinch of sea salt

Total carbs = 153g divide by 26 servings = 5.8g carb per ball





Method

Parts in blue, kids can do!

- 1/ Pre heat the oven to 320 F/ 160 degrees. Place the oats and desiccated coconut on a baking tray lined with baking paper. Then place them in the oven and bake for approx 6 minutes and then remove and set aside.
- 2/ Then place the toasted oats and coconut into a food processor and blitz for approx 10 seconds.
- 3/ Add the rest of the ingredients to the food processor or a large mixing bowl and blitz/mix for a further 20 seconds or until a smooth paste has formed.
- 4/ Remove the mixture to a bowl, cover and refrigerate for at least 1 hour. *1* (see Chef's notes below).
- 5/ Place the sesame seeds in a small pan and dry toast them over a medium heat for approx 2-3 minutes, tossing them occasionally and then set aside.
- 6/ Then remove the chilled mixture from the fridge and on a clean surface start to roll it into small balls. Then roll the balls into the toasted sesame seeds and preserve them in the fridge.

Chef's notes-

1 You definitely need to refrigerate the mixture for at least an hour beforehand otherwise it will be too sticky to shape. You could even prepare the mixture a day in advance and refrigerate it overnight.





Henri says - Peanut butter is great for kids as it provides a good supply of protein for body development, as well as essential fats for brain development.

