



## **Energy balls**

### **Ingredients (for approx. 10 pieces):**

- 100 g rolled oats
- 8 dates (pitted)
- 2 tbsp nut butter (e.g. almond or peanut butter)
- 1 tbsp cocoa powder (unsweetened)
- 1 tbsp chia seeds or linseed
- 1 pinch of cinnamon
- Water or plant milk (as required)

### **Preparation:**

Finely chop the dates or chop them in a food processor.

Mix all the ingredients together in a bowl. If necessary, add a little water or plant milk until the mixture is easily mouldable.

Shape the mixture into small balls and leave to set in the fridge.

Take with you in a sealable container.