



Much more than a snack! These can be eaten straight from the freezer.

I use puffed buckwheat, a great gluten free grain giving a nice lightness among the seeds nuts and sweetness.

Makes 14-18

INGREDIENTS:

- 120g of nut butter (I used crunchy peanut butter from Meridian)
- 80ml of Maple Syrup
- 75g Mixed Nuts (Pistachios in the mix are good here for colour contrast)
- 200g Cacao Chocolate (70% plus) – I used LINDT 70% Cooking Chocolate
- 25g Goji Berries
- 30g Puffed Buckwheat Cereal
- Dash of seasalt
- Dash of cinnamon
- 1 banana (optional)

METHOD:

- Blitz all the dry ingredients in a blender.
- Add to a bowl with all the remaining ingredients. You can vary the seasalt depending on if you like the salty / chocolatey flavour!
- Make medium balls and place on a baking tray
- Leave to refrigerate for 30 mins
- In the meantime melt your chocolate
- Dip the balls in the chocolate to cover entirely or drop a spoonful over the top
- Once cooled you can refrigerate again or they be stored in the freezer

TIP:

- Banana is optional
- Add in more maple syrup if too dry
- If too wet add in some puffed buckwheat grain