



Much more than a snack ! You can freeze these or store in an airtight container for 3-4 days (if they last that long)

So many varieties to make and a great one for kids to make!

MAKES 9 medium balls – These are a protein filler so 1 medium = 1 portion.

I freeze mine and keep them for weekends when im out walking , going on trips etc – great with a coffee or tea!

INGREDIENTS:

200g Mixed Nuts (Unsalted and Unroasted)

1 tbsp coconut oil

1 tbsp maple syrup

Seasalt

2 x squares Lindt Dark Choc chopped roughly (70% plus)

1 tsp raw cacao powder

1 tsp cinnamon

1 tbsp crunchy peanut / almond butter

Optional:

2 tbsp desiccated coconut for rolling (if you are trying to cut calories leave out the desiccated coconut)



METHOD:

- Blitz the nuts in a blender. If you don't have a blender then place in a sandwich bag and bash with a rolling pin to make into small pieces.
- Add to a bowl with all the remaining ingredients. You can vary the seasalt depending on if you like the salty / chocolatey flavour!
- Roll the mixture into balls (I made 9 with this mix)
- Roll in the desiccated coconut if using
- Place the balls to chill in the fridge for at least 20 minutes before serving. (if you can wait that long!)
- The balls can be stored in an airtight container in the fridge for 3-4 days or you can freeze them if you wish to keep for weekend treats