

Cocoa, maca & almond energy balls



DYNAMIX
HEALTH & FITNESS

75g oats (use gluten free if preferred)
50g soft pitted dates
30g dried figs
75g almonds
1 heaped tsp ground cinnamon
1 tsp maca powder
30g coconut oil, melted
15g cocoa powder
30g chocolate flavour whey or rice protein powder (optional)

MAKES 10 BALLS

Place the oats in a blender or food processor. Blend until finely ground.

Add the dates and figs and blend until crumbly.

Add the remaining ingredients and blend well.

Transfer to a bowl and combine into a ball using your hands. Add a splash of cold water or almond milk if the mixture is too dry. It should hold together well.

Divide the mixture into 10 pieces and roll into balls.

Place on a plate and dust lightly with cocoa powder.

Refrigerate for 10 minutes or until firm.

Store in an airtight container and refrigerate for up to 3 days or freeze on same day.



PER BALL:

136 Calories

11g Carbs

5g Protein

8g Fat

