

Sticky chocolate nut energy balls



DYNAMIX
HEALTH & FITNESS

120g pitted Medjool dates
50g walnuts
50g almonds
30g cocoa powder
a pinch of sea salt
25g vanilla or chocolate flavour
whey or rice protein powder

to coat:

2 tsps chia seeds
2 tsps matcha powder
5g chopped hazelnuts

Blitz the dates in a blender or food processor to form a sticky paste.

Add the remaining ingredients and blend well.

Roll into 9 balls. Refrigerate for 30 minutes or until firm.

Roll 3 of the balls in each of the coatings.

Store any leftovers in an airtight container and refrigerate for up to 5 days or freeze on same day.

MAKES 9 BALLS



PER BALL:

148 Calories
13g Carbs
6g Protein
8g Fat