

Chocolate coated chia energy balls

170g rolled oats (use gluten free if preferred)
40g walnut or pecan halves
30g vanilla flavour whey or rice protein powder (optional)
2 tbsps chia seeds
1 tsp ground cinnamon
a pinch of sea salt
1 tbsp honey or maple syrup
120g ripe banana, mashed
80g peanut butter or almond butter

for the coating:

35g dark chocolate (minimum 70% cocoa), melted

Makes 11 energy balls

Per energy ball:

142 calories

6g protein

16g carbs

6g fat

Place all of the ingredients in a food processor. Blend until well combined and a dough consistency forms. Add cold water, 1 tsp at a time, if the mixture is too crumbly.

Roll into 11 balls.

Dip into the melted dark chocolate. Transfer to a plate or baking tray.

Refrigerate or freeze for 10 minutes, or until set.

Optional: Serve topped with a sprinkle of sea salt.

Store any leftovers in an airtight container and freeze for up to 2 weeks.

