



Gluten Free Energy Balls

The Ingredients

- Different kind of nuts (whatever nuts you have, I used pecan nuts and ground nuts)
- Dates 100g
- Coconut Flakes
- Sunflower or Pumpkin Seeds.
- Peanut
- Oatmeal
- Honey
- Dark Chocolates
- Cocoa Powder.

Method

1. Soak dates in water for 30 mins
2. Drain dates and combine with peanut butter, and chopped dark chocolate and blend until you achieve a fudgy consistency.
3. Add the oats, nuts, seeds and cocoa powder and blend some more.
4. Take one portion in your hand and roll to a ball.
5. Roll the balls in coconut flakes or nuts