

Date & Cocoa Energy Balls

Boules d'énergie dattes-cacao

15 min

Easy

160 kcal per serving

Snack

Vegan

Gluten-Free

Kids



Ingredients

FOR ONE SERVING

Medjool dates (<i>Dattes Medjool</i>)	100 g
Cocoa powder (<i>Poudre de cacao</i>)	2 tbsp
Oat flour (<i>Farine d'avoine</i>)	50 g
Almond butter (<i>Beurre d'amande</i>)	2 tbsp
Coconut flakes (<i>Flocons de coco</i>)	20 g

Nutrition facts

PER SERVING

Calories	160
Protein	4 g
Carbohydrates	24 g
Fat	6 g
Fiber	3 g

Preparation

- 1 Pit the dates if needed and place them in a bowl of warm water for 5 minutes to soften, then drain well.
- 2 Add the dates, cocoa powder, oat flour, almond butter, and coconut flakes to a food processor or mixing bowl.
- 3 Blend or mash everything together until a sticky dough forms. If using a bowl, keep pressing and mixing until the dates break down evenly.
- 4 Scoop out small portions and roll them between your hands into bite sized balls.
- 5 Roll each ball in a little extra coconut flakes if you like, pressing gently so they stick.
- 6 Place the balls on a plate or tray and chill them in the refrigerator for 10 minutes before serving.

GOOD TO KNOW

Wet your hands slightly before rolling to keep the mixture from sticking.