

Apple Crumble Energy Balls

Ingredients

- 50g oats
- 50g pitted dates (about 3)
- 50g ground almonds
- 2 tbsp almond butter
- ¼ tsp cinnamon, plus extra for dusting
- 30g dried apple slices
- ½ apple
- 1 tbsp chai seeds



HEAL

HEALTHY EASY ACCESSIBLE LOCAL

FOODS

Method

Step 1.

Blitz 30g of the oats with the dates, ground almonds, almond butter, cinnamon, dried apple slices and a pinch of salt until roughly chopped and beginning to clump together. Grate in the apple, skin and all, add remaining oats and chai seeds and pulse until combined.

Step 2.

Roll into 10 balls and dust with a little more cinnamon. Put in the fridge for 30 mins to firm up.

Note: Will keep in an airtight container in the fridge for up to five days