

★★★★★ 1 ratings Rate



Chocolate energy balls

Containing dried fruit and nuts, these easy-to-make energy balls are a healthier go-to when you're having a sweet craving

Serves: 16 (makes 16 balls)

Hands-on time: 10 mins

Time to make: 10 mins

Ingredients

[More weights & measures](#)

½ cup prunes	½ cup dried apricots
¼ cup almonds	¼ cup walnuts
1 teaspoon vanilla extract	2 tablespoons granulated sweetener (we used Natvia)
¼ cup gluten-free porridge oats	3 tablespoons desiccated coconut (reserve a little to decorate)
1 tablespoon cocoa powder (20g) (reserve a little to decorate)	grated zest of 1 orange (reserve a little to decorate)
juice of half an orange	

[Add to shopping list](#)

Instructions

- 1 Blend the prunes, apricots, almonds and walnuts in the food processor until they form a paste.
- 2 Add the remaining ingredients, reserving a little of the desiccated coconut, cocoa powder and orange zest for decoration, and blend again to form a thick, sticky paste. Don't over-blend, as the mixture should be quite coarse.
- 3 Roll the mixture into a sausage shape and cut into 16 pieces, then roll each piece into a ball.
- 4 Roll 4 of the balls in cocoa powder, 4 in coconut and 4 in orange zest to decorate and store in an airtight container in the fridge, where they will keep for a week.

Variations

You could add other nuts or dried fruits to the recipe, or try making the balls with sunflower, sesame or pumpkin seeds instead of nuts.

Last updated date: 11 January 2021

For more healthy recipes and expert diet advice go to www.healthyfood.com

© Healthy Life media Limited. All rights reserved. Reproduction without written permission prohibited.

LEAVE A COMMENT