

ENERGY BALLS

I. Put the oats, cocoa powder, salt, chia seeds, chopped almonds, cranberries and a little grated lemon peel in a bowl and mix well with a fork.

II. In a small saucepan, heat the cashewmus with the agave syrup or honey while stirring until it becomes liquid.

III. Add the liquid cream to the dry ingredients and mix well with a fork until a dough is formed.

IV. Form small balls (10-15 pieces) from the dough and place them on a plate with cling film. As the consistency is slightly sticky, roll in cocoa powder or shredded coconut at the end.

TIP: Pack the balls in foil or freeze them, so they stay fresh for a long time and you always have a healthy snack at home. The perfect snack for chocolate or coconut lovers!

INGREDIENTS:

- 50g fine oat flakes
- 3tbsp (organic) cocoa powder deoiled
- 1 pinch of salt
- 1tsp Chia seed/ linseed
- 10g chopped almonds
- 2tbsp Cranberries
- 1 lemon
- 30g cashewmus
- 2tbsp Agave syrup/ honey

 Preparation time: 15min

