



ENERGY PROTEIN BALLS

ReFuel Autumn 2018



Method:

1. Blitz the dates and the oats in a food processor .
2. Add the peanut butter, protein powder and honey – continue to blitz the mixture.
3. Slowly add a small amount of water until the mixture becomes paste-like.
4. Roll the mixture into small balls and roll the outer layer in the desiccated coconut.
5. Store in the fridge or freezer.

Ingredients:

- ½ cup dried dates or chopped dried fruit mixture
- ½ cup quick oats
- 6 tbsp peanut butter
- 1 tbsp protein powder
- 1 tbsp honey
- ½ cup desiccated coconut (for coating)

Nutrition Information

Makes 10 balls.

Nutrient	Per ball.
Energy	1000 kJ
Protein	7 g
Fat	16 g
Carbohydrate	5 g
Sugars	14 mg
Fibre	11 g



HOT TIPS

Despite their small size these energy balls are energy-dense. However, due to the high protein and carbohydrate content, they are an ideal pre- and post-training snack to help muscle growth, repair muscle damage, and provide energy for the next training session.