

Less than 30 minutes

Makes 10 Balls

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Ingredients:

- ½ cup (125ml) honey
- 2 Tbsp (30ml) cocoa powder or chocolate protein powder
- ¼ cup (60ml) dark chocolate, chopped
- ½ cup (125ml) rolled oats
- 3 Tbsp (45ml) nut butter of choice
- 1 Tbsp (15ml) chia seeds
- ½-1 cup desiccated coconut, for rolling

Method

1. Blitz ingredients in a food processor or blender for 8-10 minutes.
2. Scoop 1½ Tbsp of mixture and roll into a ball.
3. Repeat with the rest of the mixture.
4. Roll balls in coconut (for the variations below, this is optional).
5. Set in the fridge for about 10 minutes.

MORE GOOD IDEAS:

BANANA AND PEANUT BUTTER

Replace honey, cocoa powder and chocolate with: 1 mashed banana, 3 Tbsp (45ml) peanut butter, ½ tsp (3ml) ground cinnamon and a pinch nutmeg. Use 1 cup (110g) oats.

APPLE, NUT AND CINNAMON

Replace honey, cocoa powder and chocolate with: 1 grated Granny Smith apple, ½ cup (80g) almonds or pecan nuts, 7 pitted and chopped Medjool dates and 1 tsp (5ml) cinnamon.

BEETROOT AND ALMOND

Replace honey, cocoa powder and chocolate with: 2 Tbsp (30ml) beetroot powder, 7 pitted and chopped Medjool dates, ½ cup (80g) almonds and 2 Tbsp (30ml) coconut oil.

APRICOT

Replace cocoa powder and chocolate with: 1½ cups (200g) dried apricots, ½ cup (80g) almonds or cashew nuts and grated peel of 1 lemon. Use 2 Tbsp (30ml) honey.

STRAWBERRY

Replace honey, cocoa and chocolate with: 1 cup (16g) freeze-dried strawberries, 1-2 cups (80g) almonds or cashew nuts, 7 pitted and chopped Medjool dates and juice (60ml) of 1 lemon.

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