Less than 30 minutes Makes 10 Balls Share Share on facebook Share on twitter Share on pinterest Share on whatsapp Share on email Ingredients:

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

Method

- 1. Blitz ingredients in a food processor or blender for 8-10 minutes.
- 2. Scoop $1\frac{1}{2}$ 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, ¹/₂ 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, $\frac{1}{2}$ 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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