



Energy Balls

Ingredients to make the Energy Balls

12 to 14 dates- pitted or unpitted

1 tablespoon of cacao powder

$\frac{3}{4}$ of a mug of raw, plain [cashews and or almonds](#)

2 tablespoons of your favourite peanut butter

Equipment to make the Energy Balls

A good [food processor](#)

A sharp kitchen knife and chopping board (to take the pips out of your dates if you need to)

Baking paper (not strictly necessary)

A large enough tray to lay out up to 14 energy balls for setting

Prepared shelf in your fridge for energy balls to set on the tray

Metal tablespoon

One large bowl

Method to make the Energy Balls

1. Take the pips out of the dates if you didn't purchase them pitted
2. Weigh out all your ingredients
3. Process the nuts in the food processor to the thickness you want them. Some people prefer them to be almost powdery and quite fine, others a little more course. Me? I like a little of each, so I put most of the nuts in the processor and whizz to a powdery consistency, then leave a handful to be whizzed up roughly. Set aside the processed nuts
4. Whizz up the dates to as small as you can get without them sticking together
5. Add the peanut butter to the processor with the cacao powder, mix well so you are making a kind of very [chocolatey](#) peanut butter
6. Add the dates to the mixture and whiz up again
7. Add the nuts and do a final whiz till the mixture all comes together in a rough ball
8. Switch off your [food processor](#)! Then take out your mixture and put in a mixing bowl
9. Shape the mixture into little balls and lay out on kitchen paper on a tray ready to set in the fridge
10. This quantity should make 12 to 14 small energy balls, set in the fridge for about an hour, or you could put in the freezer for less time.
11. Just eat from the fridge or store in an airtight bag in the freezer and take out a few minutes before you need to serve

These Energy Balls are great for those after dinner munchies

You can add your ingredients together differently if you prefer. In my video combined the nuts with the cacao as they are both dry ingredients.

Experiment and see what you think.

I do recommend you make the dates as small as possible first though. **Don't be tempted to use too much cacao, it has a very strong taste!*

Try the energy balls recipe with different kinds of homemade or shop bought nut butters and see if you prefer the taste! I think these would also be good to give to growing teens as a snack especially during exams. Also a great recipe to teach to any [kids going to university](#), provided they had a basic food processor!