

DATE ENERGY BALLS

Makes 8

NUTRITIONAL INFORMATION:

Dairy free, gluten free



GYMGAIR

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Kcal: **128**

Protein: **3g**

Carbohydrate: **11g**

Fat: **8g**



INGREDIENTS

100g	Cashew Nuts
80g	Pitted dates, chopped
30g	Desiccated coconut

METHOD:

- Add the cashews and chopped dates in to a food processor, blitz until this can be pressed together easily. You may need to add 1-2 tsp of water to help this to bind together.
- Put the coconut in a small bowl or on a plate. Form the date mixture in to 8 balls, it's roughly a heaped teaspoon of mixture for 1 ball. Roll the balls in the coconut.
- Chill in the fridge & serve.

COOKING TIME: 20 minutes

These can be kept in the fridge in an airtight container for 2-3 days.

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