

# FIG ENERGY BALLS

**Makes 12**

**NUTRITIONAL INFORMATION:**

Dairy Free, Gluten Free\*



Kcal: **112**

Protein: **3g**

Carbohydrate: **17g**

Fat: **3.5g**



## INGREDIENTS

- 75g** Rolled Oats \*(use GF if required)
- 145g** Dried Figs, roughly chopped
- 60g** Smooth Peanut Butter
- 3 tbsp** Maple Syrup
- 2 tbsp** Cocoa Powder
- 1 tbsp** Chia Seeds



**COOKING TIME: 20 minutes**

## METHOD:

- Place all the ingredients into a food processor and blitz until combined. If the mixture does not combine, add a few tsp of water.
- Take a dessert spoon of mixture in your hands and roll into a ball, the mixture will make 12 balls.
- Store in the fridge for up to 7 days