



CACAO, OATS & TURMERIC ENERGY BALLS

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

10 large medjool dates, pitted and soaked for 30mins
2 tablespoon almond butter (or tahini for nut free version)
1 cup oats
2 tablespoon chia seeds
2 tablespoon shelled hems seeds
2 tablespoon raw cacao powder
1-2 tablespoon ground Turmeric (adjust to taste)
1 teaspoon vanilla extract

METHOD

- In the bowl of a food processor, add the dates and almond butter and blitz to form a sticky paste
- Add all other ingredients and pulse until well incorporated. It will probably form a large ball of sticky paste
- Pick up spoonfuls of mixture and roll between your hands
- Lay on a lined dish
- Once all the balls are formed, keep in the fridge to set for at least an hour
- Keep in the fridge.

PREP TIME

Soaking 30mins
Prep time: 10mins
Setting time: 1hr

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