



Choc Mint Energy Balls

Makes around 15 – 20 depending on size

Ingredients

A cup of raw almonds milled to a fine grit. Stop as soon as you get to grit or you'll end up with a sticky oily mess

A cup of roughly chopped dates

2 teaspoons coconut oil

1/2 cup hemp seeds

1/3 teaspoon peppermint oil

1 tablespoon cacao powder

1/2 tablespoon maca powder

1 tablespoon cacao nibs

Preparation

1. Blend everything together in thermomix or blender then roll into balls.
2. Depending on my mood I roll mine in cacao nibs, matcha, coconut or cacao.
3. Cover and store in fridge or stash in other cool place for controlled private consumption.

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