

ENERGY *for power* BALLS

YOU NEED:

- 20 big dates
- 100 g of coconut oats
- 100 g of **Chia Wild Blueberry Ironberry powder**
- 100 g of almonds or other nuts of your choice
- 2 tablespoons of peanut butter
- 4 tablespoons of vegan cacao powder
 - ½ teaspoon of ginger powder
 - ½ teaspoon of cinnamon
- 1 tablespoon of **Wild Blueberry/Sea Buckthorn/Cranberry Ironberry powder**



Mix all dry ingredients with a mixer.

Add dates, coconut oil and peanut butter.

If the mixture is too dry, **add** some water.

Shape the mixture into balls and **roll** them in **Ironberry powders** of any flavour.

Chill the balls in the fridge for a few minutes.

ADVICE

The mixture will yield about 15-20 balls.
Perfect for a wholesome meal.

