



Almond & Cranberry

ENERGY BALLS

Ingredients:

- 10 Medjool dates, pitted
- 1 cup (90g) rolled oats
- ¼ cup (35g) cranberries, dried
- ¼ cup (35g) almonds
- 4 tbsp. almond butter

Directions:

- Place the dates in a food processor and blitz until a smooth paste forms. Add the rolled oats, dried cranberries, almonds and almond butter and pulse until well combined.
- Using slightly wet hands, roll tablespoonfuls of the mixture into balls. Place in the fridge for 1 hour to set.
- Store in an airtight container in the refrigerator for up to 2 weeks.

