

Choc Energy Balls

Ingredients

1 cup rolled oats
8 x Weetbix
1/2 cup chocolate powder (e.g. Milo, Sustagen, Nesquik, or drinking chocolate)
1 cup desiccated coconut
2-3 cups boiling water
1/2 cup pitted dates
1 cup trail mix (nuts/seeds/dried fruit)
2 tsp cinnamon
2 tsp vanilla
Extra coconut, for rolling balls



Optional additions - for extra energy and/or protein**

- 1/2 cup peanut paste
- Sweetened condensed milk
- Honey
- Caramel or chocolate topping

Method

1. Place all dry ingredients (except Weetbix) in a large bowl, mix together.
2. Put dates and trail mix in a small bowl. Pour 1 cup boiling water into bowl and microwave for 1 minute or leave to stand until dates can be mashed easily.
3. Add remaining wet ingredients to dates and trail mix.
4. Pour wet mixture into dry mixture, stir until combined.
5. Crush Weetbix in a large zip lock bag or leftover plastic packet. Add Weetbix to mixture one at a time, until consistency is thick enough to roll into balls.
6. Pour 1 cup coconut on a plate or chopping board. Take a small handful of choc mixture and roll into a golf ball-size. Roll in coconut to coat.
7. Set aside on tray and refrigerate for 30-60 min before serving. Enjoy!

** Speak with your Accredited Practising Dietitian about which additions may be best suit for you or your child. OR add them in for flavour, because they also taste very yummy 😊

(we like to keep all of our On Point Nutrition recipes flexible, to suit your needs and preferences)