



Penny Crowther
MID LIFE NUTRITION

Energy Balls

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Double Chocolate Mint Energy Balls

6 servings

15 minutes

Ingredients

74 grams Pitted Dates
72 grams Almonds (raw)
10 grams Cacao Powder
8 grams Cacao Nibs
750 milligrams Sea Salt
2 milliliters Peppermint Extract
15 milliliters Water

Nutrition

Amount per serving	
Calories	124
Fat	7g
Carbs	13g
Fiber	4g
Sugar	8g
Protein	3g
Potassium	215mg
Vitamin A	1IU
Vitamin C	0mg
Calcium	41mg
Iron	1mg
Vitamin D	0IU
Vitamin E	3mg
Folate	8µg
Vitamin B12	0µg
Magnesium	51mg
Zinc	0mg
Selenium	1µg

Directions

- 1 Add the dates, almonds, cacao powder, cacao nibs, sea salt and peppermint extract to the bowl of a food processor. While the food processor is running stream in the water. Run the food processor until the date mixture forms a ball.
- 2 Form the mixture into small balls with your hands and enjoy!

Notes

No Almonds: Use raw cashews instead.

Serving Size: One serving is equal to two balls.

Storage: Store in the fridge up to five days, or in the freezer for up to three months.



Cinnamon Ginger Energy Balls

12 servings

15 minutes

Ingredients

110 grams Pitted Dates
72 grams Almonds (raw)
34 grams Cashews (raw)
1 gram Cinnamon (ground)
450 milligrams Ground Ginger
2 milliliters Vanilla Extract
2 grams Sea Salt

Nutrition

Amount per serving	
Calories	78
Fat	4g
Carbs	9g
Fiber	2g
Sugar	6g
Protein	2g
Potassium	121mg
Vitamin A	1IU
Vitamin C	0mg
Calcium	22mg
Iron	1mg
Vitamin D	0IU
Vitamin E	2mg
Folate	6µg
Vitamin B12	0µg
Magnesium	28mg
Zinc	0mg
Selenium	1µg

Directions

- 1 Add the dates, almonds, cashews, cinnamon, ginger, vanilla and sea salt to a food processor and blend until well mixed and sticky.
- 2 Transfer to a medium-size mixing bowl. Form into even balls with your hands and store in the fridge or freezer until ready to enjoy.

Notes

Serving Size: One serving is equal to one ball.

Leftovers: Store in an airtight container in the fridge up to one week. Store in the freezer for longer.