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Energy Balls with Nut Butter

Total time: 20 min

Difficulty: easy

Portions: 8 People

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200 g soft dates

90 g chopped nuts of your choice

1 tb chia seeds

tb desiccated coconut for the coating

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1. Blitz all the ingredients apart from the coconut in a mixer or food processor on the highest setting until you have a slightly sticky, malleable mixture.

2. Shape the mixture into small balls, and then roll them in the desiccated coconut. And there you have it – your little energy balls are ready to enjoy!

3. They'll keep for around a week when stored in an airtight container in the fridge. You can also freeze them for up to four weeks.