

No Bake Honey Energy Balls

Honey and Peanut Energy Balls that are the most delicious treat leaving you grabbing one, two or three more. Tuck them into your tennis bag or grab one on your way out the door.
One is just enough to keep a growling stomach at bay.

50 mins**20 mins****18 balls**

TOTAL TIME

PREP

YIELD

Ingredients

1 ¼ cup dates

1 cup warm water

1 cup peanuts

¼ cups rolled oats

2 tablespoons Cacao Luxe Raw Honey

2 teaspoons salt

Directions

1. Soak dates in warm water to soften. In a food processor, use pulse to chop peanuts. Do not mix over mix peanuts should be finely chopped NOT a paste.
2. Drain and dry dates thoroughly. In food processor add dates, Cacao honey, salt, oats and peanuts. Pulse until combined – the mixture should start to clump together.
3. Roll mixture into about 18 tablespoon-sized balls
4. Optional: Melt ¼ cup dark chocolate until smooth and mix in 1 teaspoon of Cacao Luxe Honey until combined. Dip energy balls into chocolate mixture, sprinkle with sea salt.
5. Refrigerate for 30 minutes.

Note

Store in the refrigerator for up to 3 weeks or in the freezer for up to 3 months.

Did you make this recipe?

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