

Energy Balls 3 Ways

I am ALWAYS looking for quick, easy, and easy to store snacks that can be served after school (or eaten by me for an afternoon pick-me-up), paired with some fruit or veg.

Energy balls tick all these boxes. Here are three that we have been keeping in heavy rotation in our



CLASSIC PEANUT BUTTER

Combine 2 parts (1 cup) non-fat dry milk with 1 part honey and 1 part peanut butter (1/2 cup each). Mix until well combined and roll into balls. Serve and enjoy!

COCAO & DATE

Combine 1/2 cup pitted medjool dates, raw cashews, and raw almonds with 1/8 tsp vanilla powder, 1 Tbs raw cocoa powder, a large pinch of flaky sea salt, with 2 Tbs water in a high powered blender or food processor until the mixture is smooth and forms a ball. Stir in 2 Tbs cacao nibs by hand. Using wet hands, shape the mixture into 12 tablespoon-sized balls. Store in the fridge until you're ready to eat. Try not to eat them all at once.

STRAWBERRY & COCONUT

Using a stand mixer, combine 1 cup almond butter, 1 cup rolled oats, 1/2 cup shredded coconut, 1/2 cup ground flaxseed, and 1/3 cup honey. Beat on low until well combined (about 2 minutes). Roll the mixture into 24 1" balls and place on a baking sheet lined with parchment paper. Refrigerate for about 30 minutes until firm. Pulse 2 cups freeze-dried strawberries in a food processor until powdery. Roll the balls in strawberry powder then refrigerate in an airtight container until ready to serve.

