

Coco-Power Energy Balls



10 servings



15 minutes

INGREDIENTS

100g dates

1 tbsp nut butter

2 tbsp ground almonds

2-3 tbsp coconut flakes (+extra for coating)

2 tbsp chopped almonds or slivers

DIRECTIONS

1. Soak the dates in warm water for 5-10 minutes and mash them.
2. Toast the almond slivers in a dry pan.
3. Mix all ingredients in a bowl. Stir well until everything sticks together and forms a dough-like texture.
4. Roll into balls & coat in coconut flakes.
5. Chill 30 mins or enjoy right away!

No-Guilt Chocolate Bites



10 servings



15 minutes

INGREDIENTS

- 100g dates
- 1 tbsp nut butter
- 2 tbsp ground almonds
- 1 tbsp cocoa powder
- 1 tbsp cinnamon

DIRECTIONS

1. Soak and mash the dates.
2. Add to a bowl with nut butter, almonds, cocoa & cinnamon.
3. Mix until a sticky dough forms.
4. Roll into small balls, coat if desired.
5. Chill for 15–20 minutes and enjoy!

Sunny Apricot Chews



6-8 servings



15 minutes

INGREDIENTS

100g apricots
1 tbsp nut butter
2 tbsp ground almonds
1 tbsp chia seeds
1 tbsp coconut flakes
1 tbsp oats
A squeeze of lemon

DIRECTIONS

1. Chop or mash apricots (soak first if needed).
2. Add to a bowl with oats, chia, almonds, coconut, nut butter & lemon.
3. Mix well, then shape into balls or squares.
4. Optional: Roll in coconut, seeds, or nuts.
5. Chill for 15-20 minutes — done!