

mix n match energy ball recipe



5 from 3 reviews



Yield: 18-20 energy balls

DESCRIPTION

A no-fail energy ball recipe made to order with your favourite ingredients!

INGREDIENTS

1 cup oats (regular or quick cooking)
½ cup "butter": peanut or [nut butter](#), tahini, or seed butter
2 tbsp honey or maple syrup or corn syrup OR 1/4 cup [date paste](#)
3 tbsp chunky add-ins (chocolate chips, raisins, coconut, etc)
2 tbsp fibre: ground flax, chia seeds, or psyllium
2 tbsp whey isolate (optional*)
2 tsp water ONLY IF NEEDED!

INSTRUCTIONS

By hand:

Add all ingredients (except the water) to a bowl and stir to combine.

Using a small cookie scoop, scoop out and form into a ball. Don't try to squish the dough too hard with your hands. The recipe is light on the sticky syrup so you need to gently coax them into a ball shape. Now is not the time to be a perfectionist in making the spheres!

Add water, 1 tsp at a time, if the mixture is too crumbly to stick together at all.

Allow to firm up in the fridge.

With food processor:

Measure the oats into the food processor and turn on high. Process until oats are nearly a flour consistency.

Add the rest of ingredients to a bowl (except the water) and stir to combine.

Using a small cookie scoop, scoop out and form into a ball. Don't try to squish the dough too hard with your hands. The recipe is light on the sticky syrup so you need to gently coax them into a ball shape. Now is not the time to be a perfectionist in making the spheres!

Add water, 1 tsp at a time, if the mixture is too crumbly to stick together at all.

Allow to firm up in the fridge.

NOTES

*Adding 2 tbsp of whey isolate will add 0.5g of protein to each energy ball.

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