



Date & Coconut Energy Balls

These were made at one of our cookery club sessions and proved very popular with the pupils. They are a healthy alternative to high sugar and unhealthy snacks.

Serves 12 (12 balls)

Ingredients

130g pitted dates
65g desiccated coconut
35g pumpkin seeds
2 tsp cocoa powder
2 tsp coconut oil

Method

1. Place all the ingredients into a food processor.
2. Blend until all ingredients are well chopped and combined.
3. Form into small balls and refrigerate for at least an hour.

