

# ENERGY BALLS



## Ingredients (For 4 people)

- 100 g shelled almonds
- 100 g cashew nuts
- 100 g dates
- 30 g grated coconut
- 10 g powdered cacao
- 2 tbsp colza oil
- Cacao and grated coconut for the coating

## Preparation:

Place the almonds and cashew nuts in a mixer and reduce to a coarse powder.

Add the diced dates, 30 g of grated coconut, the cacao and the oil. Blend to obtain a dough.

Shape small balls. Roll them in the cacao or grated coconut and serve.

