



Nutritionist: BECKY JONES

Web: www.theperformancepantry.co.nz

Tel: +6421985929

Email: becky@theperformancepantry.co.nz



Chocolate Peanut Butter Bliss Balls

Low carb

Low calorie



By BECKY JONES

These are the BEST! A quick and simple fuelling recipe that can be rolled into balls or made into bars, and used for pre-training snacks and fuel during training sessions too. Basic recipe makes approx. 20 small balls but you can easily adjust the size and amount to suit your energy and fuel needs, so roll or squash them into whatever size suits you and your training needs. The extra salt makes them perfect for those with higher sweat rates or salty sweaters!

Prep: 20 min

Fresh: 7 days

Beginner

Ingredients for 20 Portion(s)

230 g Dried dates

140 g Peanut butter

½ cup(s) Porridge oats

1 pinch Salt

Method

Chop dates roughly and add to food processor. Add a small amount of hot water and pulse on a high setting into a smooth consistency.

Add oats and peanut butter and blend until well combined, it should form a ball in the processor. Scrape the mixture out of the processor bowl and roll into balls or shape into bars, sprinkle with sea salt. Store in fridge for a week (if they last that long!) or freeze in an airtight container for a later snack time.

**** METRIC MEASUREMENTS **** 1 & ½ Cups soft dates ½ Cup oats ½ Cup Chocolate Peanut Butter A good couple of pinches of flaked sea salt