

## Chocolate Peanut Butter Energy Balls – Makes ~18-20 balls

<http://www.eminencenutrition.com/chocolate-peanut-butter-energy-ball>



### Ingredients

- 15 Pitted dates
- ½ cup Oats
- ⅓ cup Unsweetened coconut flakes
- ½ cup Ground flaxseed
- 1 tbsp. Chia seeds
- 2 tbsp. Cocoa powder
- ¼ cup Natural peanut butter
  - Or any other nut/nut-free butter

### Directions

1. Soak dates in warm water for ~10min to soften them.
2. Combine all ingredients in a food processor and blend until mixed.
3. Roll into 1 inch balls and add 2 or 3 balls into snack baggies
4. Store in the fridge or freezer if you made a lot.
5. Enjoy 😊

**Note:** This recipe is made using a 2-cup food processor (single serving blender size). If you have a bigger food processor you can double or even triple the recipe. If you do not have a food processor you can still make this recipe (and get a mini arm workout) by using a fork to mash all the ingredients together.