



Cocoa Loco Energy Balls

Servings: 8
(24 energy balls total)
Serving size = 3 balls

Equipment:

Knife, cutting board,
measuring cups measuring
spoons, medium or large
mixing bowl, mixing spoon,
tray or storage container,
small/mini scoop (optional)

Ingredients:

- 1 cup rolled oats
- 1/4 cup peanut butter
- 1 tsp vanilla extract
- 1/4 cup unsweetened cocoa powder
- 2 Tbsp ground flaxseed
- 1/2 cup date paste
(***Blog Bonus Recipe***)
- 1/3 cup mini semi sweet or dark chocolate chips
- 1/3 cup pretzels, finely chopped or broken

Preparation:

1. To your mixing bowl, add the rolled oats, ground flaxseed, and unsweetened cocoa powder. Stir well to combine.
2. Add your date paste, peanut butter*, and vanilla extract to the dry ingredients. Stir well to combine.
3. Add your mini chocolate chips and pretzel pieces. Stir to combine.
4. Form 1 1/2 inch balls using your hands, a small scoop, spoons, or other gadget. Place balls on your tray, serving dish, or in your storage container.* Enjoy!

***Flavor Note:** Replace peanut butter with almond or cashew butter for a change in taste!

***Storage Note:** These energy balls can be refrigerated for up to 1 week.

Check out thebnblog.com
for our **Date Paste** recipe!

Nutrition Facts per serving:
(When using peanut butter)

Calories 200.1

Total Fat 8.6g (11%)
Saturated Fat 2.7 g (13%)
Trans Fat 0g
Cholesterol 0mg (0%)
Sodium 48.6mg (2%)
Total Carbohydrate 30.1g (11%)
Dietary Fiber 4.9g (18%)
Total Sugars 15.9g
Added Sugars 5.4g (11%)
Protein 5.1g
Vitamin D 0.1mcg (1%)
Calcium 30.7mg (2%)
Iron 2.6mg (15%)
Potassium 291.2mg (6%)

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