

Chocolate Peanut Butter Energy Balls

Sarah Roberts
Makes 20 balls

Why I Make These: I LOVE the flavour combo of chocolate and peanut butter and I am a fan of using whole grains and natural sweeteners in recipes. Plus, they are completely customizable. These are so easy and tasty and they are most definitely kid-approved!

INGREDIENTS

1 1/2 cups quick cooking oats (See Note)
1/2 cup organic peanut butter (I like crunchy for the texture, but smooth also works)
1/4 cup raw honey (note that if you use liquid honey, it will change the texture)
1/4 cup organic raw cacao powder (I like the Navitas brand)
1/2 cup unsweetened organic shredded coconut (plus more for rolling)
1/4 cup raw pecans, then grind them in the food processor. You can also buy them chopped.
1/8 teaspoon salt
1/4 cup water, give or take. You may need to add more or less to get the right consistency.

INSTRUCTIONS

1. In a medium sized mixing bowl, combine the oats, peanut butter, honey, cacao powder, 1/2 cup coconut, crushed pecans and salt. I start with a spoon and then use my hands to mix well
2. Add in water, a little at a time, to get the right consistency. You don't want it too wet, but you want it to stick together when you form balls in your hands. **NOTE:** You can either start making your balls now or allow the mixture to rest in the fridge, covered, for 30 minutes.
3. Use a tablespoon to portion your balls. I like to really press the mixture together in my hand, and then begin rolling them, but any method that gets your balls made will work!
4. Place them on a plate and coat them in shredded coconut.
5. Refrigerate for 30 minutes and then enjoy!

Store them in a sealed container in the fridge for about a week or longer in the freezer.

Notes:

1. Quick cooking oats are still whole grains, they've just been cut smaller. You can use regular rolled oats, but the texture will be chewier. **I prefer quick cooking, myself**, but feel free to play around and maybe use half quick cooking, half regular. Just don't use steel cut oats--they would be too hard.
2. **Freezing:** Store them for several months in the freezer (they won't last that long, though!) and I actually really like the texture of them out of the freezer because they never get rock hard. They just get suuuuper chewy and yummy. :)

3. I'm sure you could also easily make these into squares by pressing the mixture firmly into a lightly greased pan and topping with shredded coconut. Refrigerate until firm and then slice into squares.

4. For a nut-free option, try them with sunflower seed butter instead of peanut butter. Omit the pecans or walnuts, increase the shredded coconut or oats slightly, and perhaps reduce the water. You'll have to play with it. I would freeze them overnight and then put them in their lunchbox in the morning. By the time they eat them, they will be perfect!