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JERNEJ KITCHEN

10-MINUTE PEANUT BUTTER OATMEAL ENERGY BALLS

These no-bake 10-minute Peanut Butter Oatmeal Energy Balls have few ingredients. They are perfect to bring to school, work, or enjoy at home.

- makes
  16
  balls
- preparation:
  10
  minutes

prepare the mixture
Add walnuts, figs or dates, peanut butter, and almond milk or water to a blender. Blend until smooth and thick. Place in a bowl and add the oats, flaxseed meal, chia seeds, and cacao powder. Stir with a spoon, then knead with your hands to get a thick mixture you can shape.

shape into balls
Grease your hands with coconut oil and shape into 16 small balls. Optionally, drizzle with melted chocolate and serve.

energy balls

50 g (1/2 cup) walnuts

60 g (1/4 cup) dried figs or dates

80 g (1/3 cup) creamy peanut butter

60 ml (1/4 cup) almond milk or water

200 g (2 1/2 cups) rolled oats

Â½ tsp coconut oil

melted chocolate, for decoration (optional)

2 tbsp flaxseed meal

2 tbsp chia seeds

1 tsp cacao powder

Tools and equipement

blender

bowl

Sponsored