



ENDURObeet Energy Balls

These balls have a smoother consistency, super easy to roll, and more like a chocolate beetroot truffle with all the raw energy goodness! Thanks to my lovely wife Coral for this recipe.

Serves: 4, Prep time: 00:15, Cook time: -

Instructions

Soak the dates in 1 cup of boiling water for 10min

Meanwhile add everything else to the food processor and blend to coarse crumb consistency.

Drain dates and reserve the water

Chop the dates and add to processor with 2 Tbsp of date water

Blend till comes together adding 1-2 extra Tbsp of date water if needed to form a stiff dough.

Roll into balls and store in fridge (will keep for several weeks)

Ingredients

- 20 dates
- 1 and a half cups of ground almonds (2 x 70g bags)
- Half a cup of dessicated coconut
- Half a cup of LSA (Ground linseed, sunflower, and almond)
- 4 Tbsp of cacao powder
- Half a cup of dried cranberries
- 2 Tbsp of ENDURObeet powder
- 2 Tbsp of coconut oil (melted - 60sec on high in microwave)