

# Coco Choco Chia Energy Balls

by Françoise La Prune

makes	level	prep time	cooling time	category
~ 25 balls	easy	20 min	30 min	weekday

Coco Choco Chia Energy Balls could become one of your favourite snacks! They are delicious, easy to prepare and healthy, they satisfy those sugar cravings and give you the energy you need when feeling flat or after a long work out, so make sure you keep a supply handy!



## Ingredients

140g (1 cup) **almonds**  
80g (a bit <1 cup) **desiccated coconut** + 3tbsp for decoration  
2.5 tbsp **maple syrup**  
4 tbsp **almond butter**  
3 tbsp **raw cacao powder**  
12 **medjool dates** - *pitted*  
2 tbsp **chia seeds**



## Instructions

1. Blend the almonds and coconut in a food processor until roughly ground (~15 sec).
2. Add the maple syrup, almond butter, and raw cacao powder. Blend until combined (~10 sec).
3. Add the pitted dates and process until perfectly combined (*no more date chunks visible*, ~20-30 sec).
4. Add the chia seeds and stir (*don't blend, we like them whole*).
5. Create walnut sized balls by crunching the mix in your hands (*wet your hands if you're having trouble sticking them together*).
6. Coat with the 3 tbsp of desiccated coconut.
7. Refrigerate for 30 min.
8. Enjoy!

## Tips / Variations:

- Add more raw cacao powder for a more dark-chocolate-like flavour.
- The recipe works just as well without chia seeds.
- Use alternative coatings such as raw cacao powder or chopped goji berries.