



# Almond and Chia Energy Balls by Deliciously Ella



Having just done Veganuary (which I loved and it felt really empowering to take climate action on my food choices), I thought I'd add a recipe to the collection. Energy balls were a regular snack for me through the month, particularly around exercise or as a treat with a coffee during the late afternoon slump.

I've tried out a number of equally delicious energy ball recipes but I've picked this one by Deliciously Ella as the cacao powder provides a lovely chocolatey hit. The great thing about energy balls is that they travel well so you can take them on the go, and they will also last for ages in the fridge so you can make a big batch.

To find out more about climate change and how we can live more sustainably please visit the WWW website using the link in the footer below.

## Ingredients

Makes about 20 balls

- 1 mug almonds (200g)
- 2 mugs Medjool dates (400g)
- 4 tablespoons raw cacao powder
- 2 tablespoons almond butter
- 2 tablespoons coconut oil
- 2 tablespoons chia seeds

## Method

1. Start by putting the almonds in a food processor and whiz for about 30 seconds, until they're nicely crushed.
2. Then pit the dates and add them, plus all the other ingredients and 2 tablespoons water, to the processor and blend again until everything has mixed together perfectly and it's all nice and sticky.
3. Roll the mix into balls.
4. Place the balls in the freezer for an hour to set, then store in an airtight container in the fridge.



[www.deliciouslyella.com](http://www.deliciouslyella.com)