



JOYA® APPLE PEANUT BUTTER ENERGY BALLS

Makes: 24



INGREDIENTS:

- 500 ml (2 C) oats
- 5 ml (1 t) ground cinnamon
- 3 JOYA® apples, grated
- 125 ml (½ C) peanut butter
- 65 ml (¼ C) honey
- 5 ml (1 t) vanilla essence

METHOD:

1. Place the oats and cinnamon into a large bowl. Add the grated JOYA apples and stir to mix.
2. Add the peanut butter, honey and vanilla to the bowl.
3. Using the back of a spoon, mix well until all the ingredients are evenly combined.
4. Use a tablespoon to divide the mixture into 24 even sized scoops.
5. Use slightly wet hands to roll each scoop into a smooth ball.
6. Place on a baking tray lined with plastic wrap and refrigerate for an hour to firm.

Created by :



cooking tip: Store firm energy balls in an airtight container in the fridge. Energy balls will keep for 3-4 days.

**FIRM
SWEET
CRUNCHY
APPLE**

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