



JOYA® ENERGY BALLS

Makes about 30 balls



Created by :

heleen | meyer
food consultant

INGREDIENTS:

- 500 ml (2 cups) uncooked oats
- 30 ml (2 tbsp) good quality cocoa powder
- 60 ml (¼ cup) desiccated coconut
- 10 ml (2 tsp) vanilla essence
- 90 ml (6 tbsp) peanut butter
- 2 medium JOYA® Apples in the skin, coarsely grated
- 30 ml (2 tbsp) each toasted desiccated coconut, crushed cacao nibs and/or cocoa powder for rolling

METHOD:

1. Blend the oats in a food processor until fine.
2. Add the cocoa, coconut, vanilla and peanut butter and blend well.
3. Add apples and blend until a 'cookie dough' forms.
4. Roll into small balls and enjoy as a snack. Or roll balls in your choice of coconut, cacao nibs or more cocoa powder.
5. These will keep in the fridge for up to 2 days.

**FIRM
SWEET
CRUNCHY
APPLE**

WWW.JOYAAPPLES.CO.ZA