



No Bake Vegan Chocolate Energy Balls

Ingredients

- 4 pitted dates
- 1 can black beans
- 1/3 cup protein powder
- 1 tbsp peanut butter
- 1 tbsp apple sauce
- 1 tbsp cocoa powder
- 1/2 tsp vanilla extract
- 1/4 tsp salt
- 1 tbsp oat milk
- 2 tbsp desiccated coconut

Directions

1. Line a tray with foil and set to one side.
2. Cover the dates with boiling water and set to one side for 10 minutes.
3. Combine the dates, black beans, protein powder, peanut butter, apple sauce, cocoa powder, vanilla extract, salt and oat milk and blend in a food processor until smooth.
4. Scrape any ingredients down from the inside of the container and pulse again for a few minutes.
5. Roll the mixture into 10-12 balls and place in the fridge or freezer for 20 minutes.
6. Toast the coconut in a dry pan for about 2 minutes.
7. Roll each ball in the toasted coconut and enjoy!

Tip: The energy balls can be stored in the fridge for up to 1 week.

