

Energy Balls

Makes 32 (approx.)

Per serve (25g): 294kJ or 70 calories; P 2g Fat 3g SFat <1g CHO 8g Fibre 1.4g

Ingredients

1/2 cup raw chickpeas, soaked overnight and cooked until soft (approx. 20 mins) or 1 can chickpeas, drained and rinsed
1/2 cup raw mixed nuts* (ie almonds, walnuts, hazelnuts, brazil nuts)
1/4 cup sunflower seeds
1/4 cup pumpkin seeds (pepitas)
1 cup whole rolled oats
1/2 cup shredded coconut (plus extra for rolling)
1 teaspoon ground cinnamon
1/3 cup dried cranberries
2 tablespoons raisins (or diced dried figs)
2 tablespoons dried apple (or apricots), finely diced
2 tablespoons water
3 tablespoons honey or maple syrup
1 teaspoon vanilla extract

Directions:

Put the nuts, seeds and oats in the food processor and blend until coarse.
Place nut mix into a large bowl and add coconut and cinnamon and dried fruits and mix thoroughly.
Place chickpeas into the food processor with water, honey and vanilla extract and puree to a smooth paste.
Spoon chickpea mix into the dry ingredients and stir until combined. Mixture should combine to form balls easily.
Roll mixture into balls approximately the size of a walnut and roll in extra coconut.
Place in an airtight container and store in the fridge.
For a healthy nut free lunchbox snack, swap nuts for an extra 1/2 cup of sunflower and pumpkin seeds