



Royal
Botanic Garden
Edinburgh

Botanic Cottage Community Cook Club Early January 2021

Something sweet

Date, peanut and chocolate energy balls

I used to be a teacher and one of my colleagues always kept a stash of these in the staffroom fridge and I soon started to copy her. These little energy balls are perfect when you're busy and need a little boost. Now we're juggling three homeschooling kids and two adults working, I'm bringing them back! Think of this recipe as a base idea that you can adapt to whatever is in your cupboard- you can use any seeds or replace with nuts, swap peanut for almond butter, add extra dried fruit...whatever you like.



Ingredients

- 250g dates
- 2 tbsp chia seeds
- 4 tbsp oats
- 3 tbsp peanut butter
- 1-2tsp cocoa powder
- 4 tbsp desiccated coconut (or extra oats)

You will need a mixing bowl, a small food processor, a plate.

Makes about 24

Method

1. Put the dates in a bowl and cover them with boiling water. Leave for ten minutes and then drain. (If you have very soft dates then you can skip this step.)
2. In a small food processor whizz the dates to a thick paste and transfer to the mixing bowl. Add the chia seeds, oats, peanut butter and cocoa powder. The mixture will be very thick so make sure to mix well. You should have a mixture that will easily clump together. (If it is a bit wet and some more oats)
3. Scatter the coconut over a plate. Using your hands make small balls of the mixture (about the size of a squash ball) and then roll the ball in the coconut until well covered.
4. When you have used all of the mixture place the balls in the fridge for about ten minutes to firm up.
5. Keep them in a tub or jar in the fridge, they should last for about a week.