

DRAGON CAFE

Dragon Energy Balls

MAKES 8 BALLS

Super easy, healthy, energy-boosting snack made in 10 minutes (plus chilling) with no cooking involved.

Gluten-Free.

Ingredients:

- 100g pecans
- 75g raisins
- 1 tbsp ground flaxseeds (or a mix- we used milled flaxseeds, almonds, Brazil nuts and walnuts mix)
- 1 tbsp cocoa powder
- 1 tbsp agave syrup
- 50g desiccated coconut
- 2 tbsp peanut butter



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Instructions:

Put pecans in a food processor and blitz to crumbs. Add raisins, peanut butter, flaxseeds, cocoa powder and agave syrup, then pulse to combine.

Shape mixture into golf ball-sized balls and roll in desiccated coconut to coat.

Put in the fridge to firm for 20 mins, then eat whenever you need a quick energy boost.

If you don't have a blender, put the nuts in a clean food bag and crush them with a rolling pin or alternatively you can use a pestle and mortar.

tsp = teaspoon

tbsp = tablespoon

