

Chocolate and Coffee Energy Balls!

by Victoria Prendiville

These are great for longer bike rides or runs when you're looking for something to fill you up or reduce flavour fatigue, and the added boost of the espresso powder gives a great performance boost I promise you!



Of course if you're not a fan of coffee you can leave this part out! I'd suggest making a batch of these then keeping them in the fridge overnight so that they set. Put them into little freezer bags and pop them in to your bike bag/ cycling jersey/ running jacket and your away to go!

Nutritional Information:

Per batch makes approx 10-15 energy balls (depending how big your roll them!)

Per Ball = Approx 80kcal/ 10g Carbohydrate/ 3g protein /4g fat

Ingredients

- Porridge Oats 80g (1 cup)
- Desiccated Coconut 80g (1 cup)
- Coffee Powder (I use espresso) (3 tbsp)
- Cocoa Powder (3 tbsp)
- Chia seeds (3 tbsp)
- Peanut Butter (smooth or wholegrain) 40g
- Honey 40g (1 cup)

Method

Essentially the beauty with making energy balls is you just mix all these lovely ingredients together! That's it! What could be simpler! If you need a little more honey to combine the ingredients add a little more!

Omega 3's

I've added Chia seeds to this recipe for an added Omega 3 boost! Adding 1 tbsp of chia seeds to your daily diet can help you achieve your recommended daily intake of omega 3 fatty acids. Omega 3's are polyunsaturated essential fatty acids that are vital to normal functioning. The primary benefit is that they act to reduce inflammation throughout the body which is valuable to those that exercise regularly. Add a Tablespoon to your energy balls or use in smoothies or add a tablespoon to your porridge or breakfast cereal on a daily basis.

