

Energy Balls

Makes 10

Ingredients

- 70g glace cherries
- 100g dried apricots
- 3 heaped tbsp cooked loprofin rice
- 35g porridge oats uncooked
- Optional:
 - desiccated coconut*
 - cocoa powder*



*check protein content

1 ball=1/2 exchange (0.35g protein)

2 balls= 1/2 exchange (0.7g protein)

3 balls= 1 exchange (1.05g protein)

Method

1. In a food processor, blitz together the glace cherries, dried apricots, oats and cooked rice until smooth.
2. Using clean hands, roll out 10 evenly-sized balls, coat in cocoa powder or desiccated coconut if you wish, and chill in the fridge for an hour.
3. Store balls in a fridge for up to one week.