

Recipe courtesy of Mark Hardy



Energy Balls

150g dates

150g cashews

100g mixed seeds (e.g. linseed, sunflower, sesame)

½ tsp ground cinnamon

½ tsp ground ginger

1 tbsp cocoa powder

Zest and juice of 1 orange (may need slightly more juice)

Method

- Whizz everything in a food processor
- Roll into walnut sized balls
- Store in the fridge

Enjoy!!