**PEANUT BUTTER & CHOCOLATE PROTEIN BALLS**
HIGH ENERGY, FOOD-ON-THE-GO, HIGH PROTEIN

These sticky little bites are just what you need for a boost between meals and are great to take with you on the go. The high protein from the nuts will keep your strength up, and the maple and honey provide high energy as well as a rich, sweet flavour. These sugars are particularly valuable if someone isn’t eating well or has lost weight.

**METHOD**

1. Using a hand mixer or whisk, beat together the peanut butter, maple syrup and honey until smooth.

2. Add the almonds, flaxseeds and cocoa powder into the mixture and beat until combined.

3. Scoop out some of the mixture and, using your hands, roll into a bitesize ball. Continue until you’ve used all of the mixture. Place the balls onto a lined tray (baking paper works best), and chill in the fridge for at least an hour to firm up.

4. Then they’re ready to snack when you’re next feeling peckish.

**INGREDIENTS**
Serves 12 balls
- 250g smooth peanut butter
- 50g maple syrup
- 50g honey
- 50g ground almonds
- 25g cocoa powder
- 2 tbsp flaxseeds

**Top tip!** For an extra hit of minerals and nutrition, swap the cocoa for cacao powder.

**NUTRITION** (Per 37g serving)

<table>
<thead>
<tr>
<th>Energy</th>
<th>Fat</th>
<th>Saturated fat</th>
<th>Carbohydrate</th>
<th>of which Sugars</th>
<th>Fibre</th>
<th>Protein</th>
<th>Salt</th>
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<tbody>
<tr>
<td>823 kJ / 198 kcal</td>
<td>14.2g</td>
<td>3.2g</td>
<td>9.2g</td>
<td>7.0g</td>
<td>2.1g</td>
<td>7.3g</td>
<td>0.19g</td>
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