

Peanut Butter and Chocolate Energy Balls

Preparation time **20 minutes**

Cooking time ---

Servings **10 2-ball servings**

Cost per serving **33¢**

Storage **4 days in the fridge.
Can be frozen.**

Kitchen tools **Measuring cups and spoons, cutting board,
sharp knife, 1 plate, large bowl, spoon**



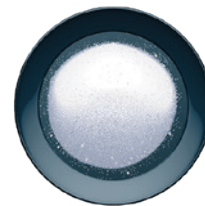
Ingredients



175 ml ($\frac{3}{4}$ cup)
peanut butter



375 ml ($1\frac{1}{2}$ cups)
quick cooking rolled oats



80 ml ($\frac{1}{3}$ cup)
sugar



60 ml ($\frac{1}{4}$ cup)
unsweetened cocoa

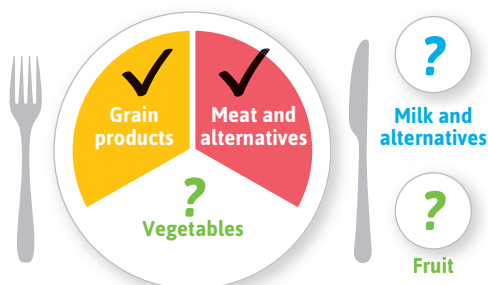


60 ml ($\frac{1}{4}$ cup) **semi-sweet
chocolate chips, chopped**



5 ml (1 tsp)
vanilla

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Balanced plate

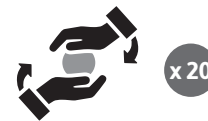
Delicious served with a glass of milk or fortified soy beverage

Directions

1 In a large bowl, combine **all the ingredients** with a spoon.



2 With your hands, shape and roll the mixture into 20 ping-pong-size balls.
Tip: Rolling the balls in your hands for a while will warm the peanut butter: it will serve as a “glue” to hold the balls together!



3 Set aside on a plate and chill in the fridge until the balls are firm (at least 30 minutes).
Variation: You can use chopped raisins or nuts instead of chocolate chips.



My rating: ★ ★ ★

This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition