

# Energy Ball Recipes

Below are some energy ball recipes, which are designed to keep your energy levels topped up throughout the day. They provide a slow-release source of energy the body, as they contain a good source of protein, carbohydrates, and healthy fats.

## Chocolate Peanut Butter

Ingredients:

### Base

1 cup of dates

### Fat source

3 tbsp of almond or peanut butter

### Carbohydrate sources

2/3 cup of rolled oats

### Options to add:

1 tbsp chia seeds  
1/2 cup dark chocolate (roughly chopped)

### Method:

1. Pulse pitted dates in a food processor or blender until they're in small pieces or it forms a ball.
2. Add oats, chocolate, chia seeds, and peanut butter and pulse or mix until combined. Then roll into mini balls and put them in the freezer to set for 15 minutes. Then enjoy! Freeze for longer term storage.



## Chocolate Protein Balls

Ingredients:

### Base

1 cup rolled oats

### Fat source

1/2 cup peanut butter  
2 tbsp flax seeds  
2 tbsp chia seeds

### Carbohydrate sources

1/3 cup of honey

### Protein source

1 scoop of chocolate protein powder

### Options to add:

Shredded coconut, dried fruit (such as cranberries or raisins), chopped nuts (such as almonds or pecans), hemp seeds, spices (such as cinnamon or pumpkin pie spice)

### Method:

1. Stir oats, peanut butter, honey, chocolate, flax seeds, chia seeds, and protein powder together in a food processor or blender. Then roll into mini balls.
2. Put them in the freezer to set for 15 minutes. Then enjoy! Freeze for longer term storage.



## Vanilla Protein Balls

Ingredients:

### Base

1 1/2 cups of rolled oats

### Fat source

1/2 cup of smooth almond butter  
1 tbsp chia seeds

### Carbohydrate source

3 tbsp of honey

### Protein source

1 scoop of vanilla protein powder

### Options to add:

1 tsp vanilla extract  
1/2 teaspoon cinnamon  
1/3 cup of raisins/ chocolate chips or a preferred add in  
2-4 tbsp of almond milk (to help combine the mixture)

### Method:

1. Put all the ingredients into a food processor or blender and combine.
2. Put them in the freezer to set for 15 minutes. Then enjoy! Freeze for longer term storage.



Checkout the JenUp Podcast

