

Neda's Recipe for Easy Energy Balls



This is my recipe for Energy Balls. They are delicious for breakfast or as a quick snack between meals.

The materials you need are:

a big

a baking

baking parchment (paper)

an

a wooden

your hands!

tray

bowl

spoon

oven

These are the ingredients:

80 g oat

80 g

3 tablespoons of butter

2 tablespoons of honey

$\frac{1}{2}$ cup of almonds or

$\frac{1}{2}$ cup of dried

4 squares of dark or milk chocolate

1 tablespoon of

cornflakes peanut

hazelnuts apricots

flakes sesame seeds

And now, listen to the instructions. It's very easy!

....., pre-heat theto 180C°.

....., put the oat flakes and cornflakes in a big Next, crush the almonds (or hazelnuts) andthem. Then, chop the dried apricots andthe chocolate into small pieces. everything in the big bowl. Add the sesame seeds andwell. Next, add the peanut butter and the honey. Mix well with the wooden spoon.

....., put some baking parchment on the Take a little bit of the mixture andsmall balls in the palm of your hand. Put them on the tray. in the oven and bake for minutes.

Enjoy a healthy snack!