

## 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 .....

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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 the .....to 180C°.

....., put the oat flakes and cornflakes in a big ..... Next, crush the almonds (or hazelnuts) and .....them. Then, chop the dried apricots and .....the chocolate into small pieces. .... everything in the big bowl. Add the sesame seeds and .....well. 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 and .....small balls in the palm of your hand. Put them on the tray. .... in the oven and bake for ..... minutes.

Enjoy a healthy snack!