

ENERGY BALLS



A simple recipe for energy balls, including ingredients and steps.

INGREDIENTS

- 100 g almond flour
- 100 g coconut flour
- 1/2 cup peanut butter
- 1/2 cup honey
- 3 tablespoons vanilla extract

STEP 1.

Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.

STEP 3.

Roll the dough into small balls (about 1 inch in diameter) and place them on the lined baking sheet. Bake for 10 minutes.

STEP 2.

Combine the almond flour, coconut flour, and peanut butter in a large bowl. Stir until well combined.

STEP 4.

Remove the balls from the oven and let them cool. Store in an airtight container for up to 2 weeks.