



Nut-Free Energy Ball



Ingredients:

400 g can of Black Beans
4 tbsp Honey

1 tbsp Coconut Oil
1/4 cup Cocoa Powder
1.5 cups Rolled Oats
1/2 cup Unsweetened Coconut Flakes
1/3 cup Chocolate Chips



1. In a blender or food processor, blend black beans, honey, coconut oil and cocoa together until a smooth paste is formed.
2. In a large bowl mix rolled oats, coconut, and chocolate.
3. Add bean paste to dry ingredients and mix until combined.
4. Roll dough into balls. If dough is crumbly gently squeeze.
5. Keep refrigerated for up to 3 weeks or freeze.

