

Energy muesli balls

Preparation time: 20 min. · Level of difficulty: very easy ·

Quantity

Ingredients for approx. 36 small balls.

Ingredients

1 piece Banana
65 g Hazelnut or almond cream
4 piece Soft dates
3 tbsp Dried fruits (apricots, sultanas, cranberries)
2 tbsp Honey or agave syrup
120 g Fine oat flakes
30 g Seeds of your choice
1 tsp Cocoa or cocoa nibs

Preparation

Peel the banana and puree it together with the nut puree, the dried fruit and, if desired, a little honey or agave syrup. Cut large dried fruits into small pieces beforehand.

Put the oat flakes with the seeds and spices in a large bowl and mix with your hands. Now stir in the pureed mixture.

Add a little honey/agave syrup to taste. If the mixture does not hold together well, add almond milk or similar by the spoonful.

Form small balls of about 3 cm with moistened hands and place on a baking tray lined with baking paper.

Preheat the oven to 170°C convection oven, then bake the balls for about 8-10 minutes. Leave to cool and enjoy!

The muesli balls will keep for about a week in an airtight tin, best stored in the fridge.