

"Energy Balls"

Ingredients

- x5 tbsp oats
- x2 tbsp honey
- x4 tbsp peanut butter
- x1 tbsp cocoa powder
- 30g skimmed milk powder

Instructions

1. Mix ingredients into a large bowl
2. Roll into 8 bite-sized balls
 - * add 50ml of water if mixture is too dry
3. Leave in the fridge to chill and then enjoy

Per Ball: CARBS- 11g PRO- 5 FAT: 8g= **ENERGY TO PLAY!**



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