

# Powerful Energy Balls

Recipe from Tuart Hill Primary School

Traffic light category: **Amber**

Serves: 8 (2 x 26g balls)

## Ingredients

- 1 cup pitted dates
- 1½ cups rolled oats
- ½ cup pumpkin puree
- 1 tablespoon unsweetened cocoa powder
- 2 teaspoons vanilla extract
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground allspice
- ¼ cup coconut for rolling

## Method

1. Place dates in small bowl and cover with boiling water. Soak for 10 minutes then drain well
2. Blitz oats in a blender until they resemble bread crumbs, add dates and blitz again
3. Add all ingredients to a large bowl and mix well
4. Cover mix and place in refrigerator for 30 minutes or overnight
5. Portion out balls and roll in coconut
6. Store in an airtight container in refrigerator.

## Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	356kJ	968kJ
Protein	1.67g	4.55g
Total fat	0.52g	1.41g
Saturated fat	0.10g	0.28g
Carbohydrate	18g	48.9g
Sugars	10.66g	28.8g
Dietary fibre	1.47g	3.99g
Sodium	71.9mg	195.7mg



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