

# WEEK



## RECIPE OF THE WEEK

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Nutrition Support

# DAVID'S RECIPE OF THE WEEK

## ENERGY BALLS

(SNACK)

### INGREDIENTS (MAKES 10-12 BALLS)

250g pitted dates

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250g cashew nuts

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2 tsp cocoa powder

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Desiccated coconut to coat

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### METHOD

1. Place dates, cashew nuts and cocoa powder in a food processor or high powered blender.

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2. Blend until a stiff paste is formed.

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3. Spread out the coconut on a plate and using the palms of your hands roll small amount of the date paste into bite sized balls. Roll on the plate to coat with desiccated coconut.

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4. Put all balls in a container and place in the fridge for a few hours to harden.

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