

ENERGY BALLS

~20
PIECES

PREP TIME: 15 MINUTES
REST: 30 MINUTES IN THE FRIDGE

// INGREDIENTS:

- 200G PITTED MEDJOUL DATES
- 150G ALMONDS
- 50G UNSWEETENED COCOA POWDER
- 2 TABLESPOONS COCONUT OIL
- A PINCH OF SALT
- OPTIONAL FOR COATING:
 - POWDERED SUGAR
 - POPPY SEEDS
 - SHREDDED COCONUT

// METHOD:

1. SOAK THE DATES IN HOT WATER FOR 10 MINUTES
2. FINELY BLEND THE ALMONDS IN A FOOD PROCESSOR
3. ADD DRAINED DATES, COCOA POWDER, COCONUT OIL, AND SALT
4. BLEND UNTIL YOU GET A STICKY MIXTURE
5. SHAPE INTO SMALL BALLS BY HAND
6. ROLL IN OPTIONAL COATING IF DESIRED
7. REFRIGERATE FOR 30 MINUTES BEFORE SERVING

TIP: STORE IN THE FRIDGE FOR UP TO 5 DAYS

OATS & BANANA BITES

PREP TIME: 20 MINUTES
OVEN: 180°C

**~24
PIECES**

// INGREDIENTS:

- 2 RIPE BANANAS, MASHED
- 150G ROLLED OATS
- 30G CHIA SEEDS
- 2 TABLESPOONS HONEY OR MAPLE SYRUP
- 1 TEASPOON CINNAMON
- OPTIONAL: 50G RAISINS, NUTS, OR CHOCOLATE CHIPS

// METHOD:

1. PREHEAT OVEN TO 180°C
2. MASH BANANA WITH HONEY
3. ADD THE REST OF THE INGREDIENTS AND FOLD (NOT TOO MUCH)
4. PLACE 25 SMALL PORTIONS ON A BAKING TRAY WITH PARCHMENT PAPER (IT'S STICKY)
5. BAKE FOR 15–18 MINUTES UNTIL GOLDEN
6. LET COOL COMPLETELY

TIP: WET YOUR HANDS TO SHAPE THE BITES

PROTEIN BROWNIES

PREP TIME: 25 MINUTES
OVEN: 160°C

**20
PIECES**

// INGREDIENTS:

- 200G CANNED BLACK BEANS, RINSED
- 3 EGGS
- 80G UNSWEETENED COCOA POWDER
- 60G HONEY OR MAPLE SYRUP (OR A MIX)
- 30G CHOCOLATE PROTEIN POWDER OR OAT/RICE/ALMOND FLOUR
- 1 TEASPOON VANILLA EXTRACT
- 50G DARK CHOCOLATE CHUNKS

// METHOD:

1. BLEND BEANS UNTIL CREAMY
2. ADD EGGS, COCOA, HONEY, PROTEIN, AND VANILLA
3. FOLD IN CHOCOLATE CHUNKS
4. POUR INTO A 20X20 CM BAKING DISH
5. BAKE FOR 20-22 MINUTES
6. LET COOL BEFORE CUTTING INTO SQUARES

TIP: ADD MORE CHOCOLATE CHUNKS ON TOP BEFORE BAKING

BLUEBERRY COOKIES

PREP TIME: 25 MINUTES
OVEN: 170°C

**~20
PIECES**

// INGREDIENTS:

- 150G OAT FLOUR (OR REGULAR FLOUR)
- 40G VANILLA PROTEIN POWDER (OR 40G MORE FLOUR)
- 2 EGGS
- 80G HONEY OR MAPLE SYRUP
- 60ML MELTED COCONUT OIL
- 1 TEASPOON VANILLA EXTRACT
- ½ TEASPOON BAKING POWDER
- A PINCH OF SALT
- 100G BLUEBERRIES

// METHOD:

1. PREHEAT OVEN TO 170°C
2. MIX OAT FLOUR, PROTEIN POWDER, BAKING POWDER, AND SALT
3. IN ANOTHER BOWL, BEAT EGGS, HONEY, COCONUT OIL, AND VANILLA
4. COMBINE WET AND DRY INGREDIENTS WITHOUT OVERMIXING
5. GENTLY FOLD IN BLUEBERRIES
6. SHAPE 25 COOKIES ON A BAKING TRAY WITH PARCHMENT (LEAVE SPACE BETWEEN THEM)
7. BAKE FOR 12–15 MINUTES UNTIL EDGES ARE GOLDEN
8. LET COOL ON A RACK

TIP: YOU CAN ADD THE BLUEBERRIES ON TOP BEFORE BAKING

PROTEIN BAGELS

PREP TIME: 35 MINUTES
OVEN: 200°C

**24 MINI
BAGELS**

// INGREDIENTS:

- 400G FLOUR OF CHOICE
- 400G GREEK YOGURT
- 2 TEASPOONS BAKING POWDER
- 1 TEASPOON SALT
- 1 EGG (FOR BRUSHING)
- SEEDS FOR TOPPING

// METHOD:

1. MIX FLOUR, BAKING POWDER, AND SALT
2. ADD YOGURT AND KNEAD UNTIL SMOOTH AND EVEN (5–10 MINUTES)
3. LET REST COVERED FOR 10 MINUTES
4. DIVIDE INTO DESIRED PORTIONS
5. SHAPE INTO BAGELS WITH A HOLE IN THE CENTER (LARGER THAN FINAL SIZE)
6. BRUSH WITH EGG AND SPRINKLE WITH SEEDS
7. BAKE AT 200°C FOR 18–20 MINUTES
8. SLICE IN HALF ONCE COOLED

TIP: YOU CAN ALSO AIR FRY THEM, SAME TEMPERATURE AND TIME