Energy Balls



FOR 6 PERSONNES

PREPARATION TIME 10 MIN

REST 1 H

Ingredients

- 120 g rolled oats
- 1 handful blueberry hearts *
- 2 than hanau
- 1 then peanut hutter

*available at La Maison du Fruit Confit.

Recipe

- Mix blueberry hearts, chia seeds and rolled oats.
- In a large bowl, mix with honey and peanut butter.
- 3 Form balls with your hands and refrigerate for 1 h before eating.



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