

Energy Balls



FOR 6 PERSONNES

PREPARATION TIME 10 MIN

REST 1 H

Ingredients

120 g rolled oats
1 handful blueberry hearts *
1 large handful chia seeds
2 tbsp honey *
1 tbsp peanut butter

**available at La Maison du Fruit Confit.*

Recipe

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