



# Wild Atlantic Way Yoga

Wild Atlantic Way Yoga  
The Farmhouse  
Dooneen Upper  
Old Head of Kinsale  
Cork  
Republic of Ireland

Yoga Wellness Day

***Chocolate Energy Balls makes 10  
Eat 1 with your herbal tea and maybe  
enjoy a second one after your lunch!!***



The reason I make them in batches of 10 is because they won't process well in the food processor in small amounts. They will last for up to a week in an airtight container in the fridge or you can freeze the rest.

## INGREDIENTS

3/4 cup dates (pitted // if dry, soak in warm water for 10 minutes, then drain well)  
2Tbsp all-natural salted peanut or almond butter or any kind of Nut butter  
1/4 cup dairy-free dark chocolate(roughly chopped) or 1<sup>1/2</sup> Tbsp of raw cacao powder, or regular chocolate (if you use reg chocolate, it won't be dairy-free)  
3/4 Tbsp chia seeds (or substitute flax or hemp seeds)  
1/2 cup gluten-free rolled oats,  
Desiccated coconut (to roll)

## INSTRUCTIONS

- 1) Pulse pitted dates in a food processor or blender until they're in small pieces or it forms a ball
- 2) Add oats, chocolate, chia seeds and peanut butter and pulse or mix until combined. You want there to be consistently small pieces but not overly processed
- 3) Carefully roll into 1-inch balls (29-30 grams per ball), using the warmth of your hands to mold them together. Should yield 10 balls (amount as original recipe is written // adjust if altering batch size)
- 4) Roll your ball in the desiccated coconut
- 5) To set, pop in fridge or freezer for 15 minutes. Otherwise, eat as is! Will keep fresh in an air-tight bag or container for up to a week. Freeze for longer term storage