

Oat balls

Perfect for fuelling during an endurance event or training



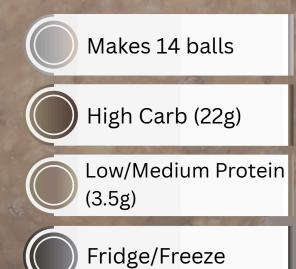




Oat balls

Alan Murchison @performance.chef recipe

200g GF oats 150g dates 100g honey 100g peanut (or any nut) butter 15g chia seeds 15g desiccated coconut 2g salt



- Add oats and dates to a blender and mix until the oats are incorporated into the dates.
- Add the other ingredients and beat until it all comes together.
- With your hands roll into 40g balls
- The moisture content of dates can vary, if mix too dry add touch more honey









"These balls are a great middle ground on the protein/carb spectrum, they have a really balanced ratio.

They are easy to eat on the go (especially on a hill when you'll probably be walking in a long distance event) & they are a great way of consuming real food instead of gels."

Pro tip from Rebecca







Fuel Smarter. Train Stronger. Perform Better.

These recipes are just the beginning! Eat Well Perform Better helps runners and triathletes:

- Build sustainable nutrition habits
- Create personalised fuelling plans for training and race day
- Recover smarter to reach new goals

Let's chat about how nutrition can support your goals.

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