



# 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

Makes 14 balls

High Carb (22g)

Low/Medium Protein  
(3.5g)

Fridge/Freeze

- 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**



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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

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