



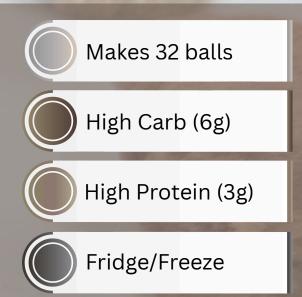




## Raw energy balls

Anita Bean's recipe

300g your favourite nuts (we used cashews) 250g soft ready-to-eat or Medjool dates (or a mixture of dates and raisins) 2–3 tbsp water 4 lumps stem ginger



- Combine all the ingredients in a food processor.
- Pulse a few times just to break them up then process for 30 seconds until the ingredients have broken down into crumb-sized pieces.
- You may need to add a little extra water if the dates are quite hard.
- Continue processing for another 1–2 minutes, until the ingredients clump together and form a ball.
- Shape into small balls of approx 30g, option to dust in cocoa at this point, then wrap each one in cling film.







## Pro tip from Becky



"Lots of recipes use dates, try substituting figs sometimes for a different flavour profile.

Pre-soak in orange juice to keep moisture, carbohydrate and taste levels all high!"







## 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.

Book a free 15-min consult at eatwellperformbetter.co.uk





