



Raw energy balls

Perfect for a pre-strength snack or refuelling post workout



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

 Makes 32 balls

 High Carb (6g)

 High Protein (3g)

 Fridge/Freeze

- 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!”



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

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