

BB-8 ENERGY BALLS

Sometimes the answer you seek lies within. These energy balls will fuel all of your day's adventures!

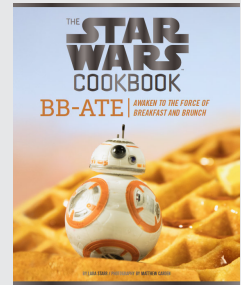
INGREDIENTS

- 1 cup (100 grams) old-fashioned rolled oats
- ½ cup (130 grams) peanut butter, smooth or crunchy
- 1 cup (65 grams) chopped dates
- 2 teaspoons grated orange zest
- 2 tablespoons fresh orange juice
- ½ cup (115 grams) honey
- 1 cup (80 grams) unsweetened shredded coconut

1. Put the oats, peanut butter, dates, orange zest, orange juice, and honey in the bowl of a food processor or blender. Pulse on medium speed until the ingredients are well combined and form a sticky paste.
2. Scoop out the mixture and place it on a lightly floured surface. Roll the mixture into 1-inch (2.5-centimetre) balls.
3. Put the shredded coconut on a plate or in a shallow bowl. Roll each of the balls in the coconut to cover completely.
4. Serve immediately or store covered in the refrigerator for up to 1 week.

Variation: Roll the balls in ¾ cup (60 grams) unsweetened cocoa powder, or 1 cup (120 grams) finely chopped nuts.

Makes about 25 balls.



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