



**EAT WELL**  
LIVE WELL

# Lemon Energy Bites

SNACK

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MAKES 30 BALLS

PREPARATION  
& COOK TIME:  
30 MINS

## Ingredients:

- 320g Pitted Dates
- 50g Oats (or use gluten free if Coeliac)
- 250g Mixed Nuts (Chopped)
- 1/2 Lemon
- 5g Ground Cinnamon

## Method:

1. Blitz and combine all dry ingredients in a food processor
2. Add the zest and juice from half a lemon and combine to form a sticky dough
3. Roll into balls and refrigerate for 30mins. Store in the fridge in an airtight container

## Nutrition information: per average serving



of an adult's reference intake (8400kJ/2000kcal)

Nutritional information has been compiled by Registered Nutritionists using an industry standard software system (FDH Saffron). Please bear in mind that the nutrition will change depending on the products that you use to make this recipe. This information is for guidance only.