

# Oaty Energy Balls



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A big thanks from the Stir Tea Team to Claire Turnbull ([www.claireturnbull.co.nz](http://www.claireturnbull.co.nz)) for allowing us to reproduce her great recipe. These oaty energy balls are delicious and healthy and go perfectly with a cup of tea.

These have been such a great hit with my family and friends, and I've been asked many times by you to divulge the secret so you can now make your own. These are a delicious healthy snack for entertaining, school lunches or a yummy morning/afternoon snack.

## Ingredients:

- 2 cups oats
- ½ cup wholemeal flour
- ¼ cup desiccated coconut
- ¼ cup sultanas
- ¼ cup dried cranberries
- ¼ cup pumpkin seeds
- ¼ cup sunflower seeds
- 2 tbsp linseeds or sesame seeds
- ¼ cup chopped walnuts
- 1/3 cup oil
- 1/3 cup honey
- ½ cup smooth peanut butter
- 1 large egg



## Method:

1. Pre heat oven to 180 degrees and line a square baking tray (9x9inches) with grease proof paper and run lightly with oil
2. In a bowl place all the dry ingredients and mix together
3. Place oil, honey and peanut butter into a sauce pan – over a low heat melt together
4. Pour the liquid into the dry ingredients and stir well
5. Add beaten egg to the mixture and stir together
6. Transfer the mixture into a greased baking tray and firmly push down into the tray with a spatula
7. Bake for 10-15 minutes or until golden brown
8. Allow to cool for a few minutes in the tin and then cut into small squares
9. Leave to cool completely and then remove from the tin
10. Store in an air tight container

## Adapt it:

Swap the walnuts for hazelnuts, cashews, peanuts or any nuts you like!

You can make these into little balls too! Take spoonful's of the mixture and roll into balls – bake for around 8 minutes or until golden brown. Makes about 32.

Nutritional Information/serve

KJ = 449

Carbs = 9g

Protein = 3g

Fat = 6g

Fibre = 1g

*We hope you get a lot of joy from making and sharing these Oaty Energy Balls with your favourite cup of Stir Tea. Wishing you Happy Tea Times from everyone at Stir.*