

Peanut butter cocoa balls

Ingrédients :

150ml Brown soft sugar

30ml Cocoa powder, sifted

60ml Fat free milk (or use unsweetened almond milk if lactose free)

10ml Oil (use olive, macadamia oil or avocado oil)

60ml Sugar free salt free peanut butter

300ml Raw oats

30ml Mixed seeds (either whole or blended but use a mix of pumpkin, flax, sunflower and sesame)

Optional: coconut for taste

Method:

- Mix the sugar and sifted cocoa together in a saucepan.
- Stir in the milk and oil. Bring the mixture to the boil over moderate heat, stirring.
- Simmer for 1 – 2 minutes and then remove from the heat.
- Stir in the peanut butter, oats and mixed seeds.
- Using a teaspoon drop teaspoonfuls of mixture onto wax paper or into mini cupcake papers. Do this quickly as the mixture cools down fast.
- Refrigerate until set.