



Marmite Peanut Butter Energy Balls

These healthy peanut butter and chocolate energy balls deliver a mixture of simple and complex carbohydrates to help fuel you up whenever you need a little boost. They have the added benefit of Marmite which is a great source of B Vitamins which is great for your cell health and brain function. They're no-bake and easy to make with ingredients you probably have on hand, like oats and nut butter. Feel free to experiment with different mix-ins--for example, dried fruit or chopped nuts--in place of the chocolate chips and coconut.

Serves: 17, Prep time: 00:20, Cook time: 00:00

Instructions

Combine oats, Marmite peanut butter (or other nut butter), honey and optional chocolate chips and coconut in a medium bowl; stir well.

Using a 1-tablespoon measure, roll the mixture into balls.

Store in an airtight container in the refrigerator for up to 5 days or in the freezer for up to 3 months.

Tip: People with celiac disease or gluten sensitivity should use oats that are labelled "gluten-free," as oats are often cross-contaminated with wheat and barley.

Ingredients

- 2 cups Oats, toasted, Rolled Oats
- 1 cups Marmite Peanut Butter
- 0.5 cups Honey
- 0.25 cups Chocolate chips (dark), optional
- 0.25 cups Coconut, unsweetened shredded coconut

To make ahead: Store in an airtight container for up to 5 days in the refrigerator or up to 3 months in the freezer.

Notes

These are great for during and after training sessions. Peanut butter is a great source of protein to aid with muscle recovery and repair. Honey and oats are great natural sources of carbohydrate to fuel your sessions.

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