

COCOA AND APRICOT ENERGY BALLS



MAKES: 8
PREP TIME: 15 MINS

HOW DO I MAKE THEM?

- MIX ALL INGREDIENTS
- ROLL INTO BALLS
- CHILL FOR 20 MINS

WHAT DO I NEED?

- 180G OATS
- 130G DRIED APRICOTS
- 1 MEDIUM BANANA
- 1 TBSP HONEY
- 1 TBSP COCOA POWDER (OPTIONAL)
- 1-2 TBSP OF WATER (ADJUST AS NEEDED)



DID YOU KNOW:



Honey gives us energy and is made by our friends, the bees! Bees pollinate our gardens and help all the delicious fruits, and vegetables to grow!

Oats, dried apricot and banana are a source of fibre which is great for supporting a healthy gut. They also offer us carbohydrates, which are a good way to give our bodies energy, either as a snack or a yummy breakfast!



DON'T FORGET!

Summer days can feel long, especially when you're hungry and are used to the routine of school meals! Here's an idea from our chef and nutrition team to get you started. Don't forget to order your school meals for september, we'd love to see you.



Chartwells
Schools