

KAMILA'S ENEGY BALLS

 10 minutes
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 25.9 Balls

INGREDIENTS

- 90 grams of chocolate, dark, 70-85% cacao solids
- 500 grams of dates, medjool
- 250 grams of hazelnut **or** 250 grams of pistachio nut
- 15 grams of vanilla extract

COOKING METHOD

- 1º Mix all the ingredients and build the energy balls

NUTRITIONAL INFORMATION

	PER 100 g	PER BALL (33 g)	% DRI
ENERGY	412 kcal	136 kcal	7 %
PROTEIN	6 g	2 g	4 %
CARBOHYDRATE	53 g	17 g	7 %
SUGARS	42 g	14 g	15 %
FAT	20 g	7 g	9 %
FATTY ACIDS, TOTAL SATURATED	4 g	1 g	7 %
FIBER	7 g	2 g	10 %
SODIUM	6 mg	2 mg	0 %