

**Makes 18**

## Ingredients

- 1 cup rolled oats
- 1 cup dates
- 3 tablespoons natural peanut butter
- 2 tablespoons chia seeds
- 3 tablespoons water



## Method

1. Place oats, dates, peanut butter, chia seeds and water into a food processor. Blitz until combined.
2. Roll mixture into bite sized balls.
3. Store in the fridge for a grab and go breakfast option.

### For variety, try the following:

- Lightly roll in desiccated coconut for an added fibre boost.
- Chia seeds can be replaced with LSA mix or ground almonds.
- For a rich chocolatey flavour, add a tablespoon of cocoa powder.

NUTRITION INFORMATION		
Servings per recipe: 18		
Average serving size: 22g (1 bite)		
	Per serve	Per 100g
Kilojoules (kJ)	300	1387
Protein (g)	1.9	8.9
Total fat (g)	2.8	13.1
- Saturated fat (g)	0.6	2.5
Carbohydrates (g)	8.9	40.9
- Sugars (g)	5.3	24.5
Fibre (g)	2.1	9.8
Sodium (mg)	11	50

This recipe meets the **AMBER** criteria in the National Healthy School Canteen Guidelines