

Fairy Energy Balls

These magical balls are great to give you an energy boost when you get back from school or the park! Makes 12.

Adult supervision and assistance are required for all of the activities below. Where you see this symbol  then this step **MUST** be carried out by an adult.

What do I need?

An adult plus a table cover, a blender, bowls, baking tray

50g (2oz) oats

20g (1oz) chopped dates

50g (2oz) cashew nuts

75g (3oz) crunchy nut butter

1 tablespoon coconut oil


2 tablespoons agave nectar or maple syrup

2 tablespoons ground almonds

Food colouring

Sparkly sprinkles - smaller ones work best

How do I make it?

1.  Ask an adult to supervise the use of the blender.
2. First put the oats into the blender until they turn to a fine powder.
3. Add all other ingredients to the blender except the food colouring and sprinkles. Whizz until blended, scraping down the sides, until you have a dough that holds together but is not too sticky.
4. Remove from blender and divide the mixture into three bowls. Cover your table. Add 5-10 drops of food colouring into each bowl. Knead with your hands until the colour is blended into each dough. Cover the bowls so that the mixture does not dry out and if it does, knead again.
5. Now make 12 balls by dividing the mixture and rolling in the palm of your hands. You can either mix small amounts of each colour together into one ball or have balls of different colours. You should have 12 balls in total.
6. Now add the sprinkles to another bowl and roll each ball in the sprinkles to coat. Put all the balls onto a baking tray or plate that is non-stick or lined with greaseproof paper. Let them chill in the fridge for two hours then enjoy the fairy yumminess!

To make gluten free, use gluten-free oats. To make vegan, check the labels on the food colouring and sprinkles bottles.

