





# Energy Balls



## Ingredients

-  100g Peanut Butter
-  50g Honey
-  40g Oats
-  30g Biscuits, crushed

## Method

1. Put peanut butter and honey in a bowl and mix
2. Add oats
3. Add biscuits
4. Mix together
5. Roll into small balls
6. Put balls on a plate
7. Cover and put in the fridge for 20 minutes

### Notes for parents:

Biscuits can be digestive or malted milk

To crush biscuits, place in a sandwich bag and bash with a rolling pin

Get child to read through the recipe before starting and tick off ingredients as they go

Peanut butter can be substituted for nutella or similar spread

