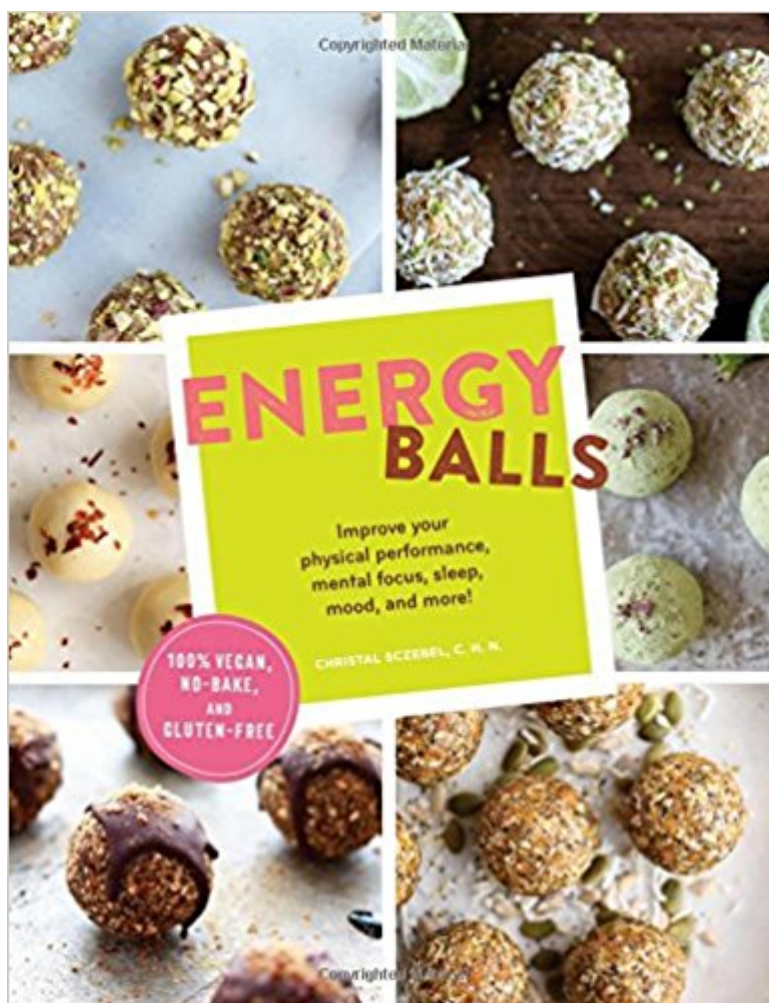


The book was found

# Energy Balls: Improve Your Physical Performance, Mental Focus, Sleep, Mood, And More!



## Synopsis

This little cookbook packs a big punch with 100 delicious recipes for no-bake energy balls designed to deliver a targeted blast of energy for different activities at any hour. Crafted with whole ingredients, superfoods, and all-natural proteins, each vegan and gluten-free bite-size treat offers the perfect nutritional boost. Extra protein, nuts, and seeds give athletes a high-energy hit; dark chocolate and green tea help students concentrate and focus; ginger lets the overstressed wind down at the end of a long day. And, kids will love them tucked into their lunch boxes. They are as easy to make as they are good to eat—good-bye processed and packaged sports bars!

## Book Information

Paperback: 128 pages

Publisher: Chronicle Books (February 28, 2017)

Language: English

ISBN-10: 1452158886

ISBN-13: 978-1452158884

Product Dimensions: 7.6 x 0.5 x 9.6 inches

Shipping Weight: 15.5 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 7 customer reviews

Best Sellers Rank: #74,385 in Books (See Top 100 in Books) #28 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fruits #157 in Books > Cookbooks, Food & Wine > Special Diet > Allergies #204 in Books > Cookbooks, Food & Wine > Special Diet > Gluten Free

## Customer Reviews

**Charge Up Your Day** With 100 vegan, no-bake, and gluten-free recipes designed to deliver a targeted blast of energy.

**Matcha, Mint, and Chocolate** If you're looking for a caffeine fix without coffee, then matcha (a green tea powder) is the way to go. Matcha is loaded with antioxidants and, while it contains caffeine to give your brain a boost, it also contains an amino acid called L-Theanine, which doesn't leave you with that wired feeling. With matcha, you'll experience mental clarity and motivation without the jitters. Plus these ingredients contain antioxidants that help to boost brain health, memory, and prevent damage that can occur in the brain through the aging process.

**Makes 12 Balls** 1. Put the cashews in a food processor and process until they form a crumbly

meal. Add the dates, the 1/2 cup [60 g] almond meal, and the 2 Tbsp cocoa powder and process for 30 seconds. Add the coconut nectar, peppermint extract, and 2 Tbsp water and process until a sticky mass forms. Transfer the mixture to a large bowl. 2. In a small bowl, combine the matcha and the 1 tsp almond meal. 3. Using a tablespoon, scoop the mixture and, with clean slightly wet hands, shape the mixture into a ball between your palms, roll it in the almond and matcha mixture to lightly coat, then set on a plate. Repeat with the remaining mixture until you have 12 balls, each just smaller than a golf ball. Sprinkle the coated balls with the finely chopped vegan dark chocolate. 4. Place the balls in the refrigerator to set for 30 minutes. Store in an airtight container in the refrigerator or at room temperature until required.

Ingredients      1 cup [140 g] raw cashews  
10 pitted dates      1/2 cup [60 g] almond meal or flour or ground almonds, plus 1 tsp      2 Tbsp  
natural cocoa powder, plus 1/2 tsp      2 Tbsp coconut or agave nectar      1/2 tsp peppermint extract  
1 Tbsp matcha      1 tsp finely chopped vegan dark chocolate

About the Author Christal Sczebel, C.H.N. is a Certified Holistic Nutritionist, based in Edmonton, Alberta, Canada, where she is the owner of Pure & Simple Nutrition, a health-based business specializing in nutrition and sustainable wellness. She is the owner and author of NutritionistInTheKitch website, a blog dedicated to her love for whole foods, food photography, and teaching others how to discover optimal wellness through healthy recipes and her online nutrition programs.

Christal Sczebel is a Certified Holistic Nutritional Consultant, health and wellness business owner, and founder of NutritionistintheKitch.com. She is based in Edmonton, Alberta, Canada.

Lots of easy to do recipes are included. Love the listing by topic pertaining to time of day need of energy

A wonderful book. Full of healthy, yummy snack ideas.

Great Book, Tasty Treats

I was really excited to get this book because I've seen so many great recipes on Pinterest for energy balls. I was a little bit disappointed that they didn't have more variety.

Terrific book of energy balls. They're really fast to pull together, nutritious, leave you feeling great, taste great, and ready when you need them. These are perfect for those morning when teenagers hit that snooze button and have to grab something quick on the way out the door, or when they get home from athletics and need a quick tide me over until dinner. Pictured below: 1) Cinnamon Raisin p 28. Great flavor, and really common pantry ingredients. 2) Banana Bread p 18. I love these. They really taste like banana bread, and they're beautifully moist. This one had two ingredients that my grocer didn't have. Whole dried bananas the closest I found were dried flattened bananas at Trader Joe's. I wasn't sure how many slices constituted 3 bananas, so I tossed in half the package. Pumpkin seed protein powder sells it! Sprout Living Pumpkin Seed Protein Powder, 1 lb 3) Blueberry Muffin p 30. These are very sweet and earthy. These were the kids' favorite, and disappeared immediately. 4-5) Sweet-and-Salty Popcorn - p 50. Yum!!! I love these! I made them for the kids, tasted one, and ended up having 3 and calling it lunch. Totally crave-worthy. The recipe calls for 6 cups of freshly popped popcorn. I put 1 cup of kernels, 1/4 c coconut oil, and 1 t salt in my machine. I think it would be half those amounts if you're doing it on the stove. I'm not sure the author intended it to be salted popcorn, but it was awesome, so I'm sticking with it. 6-7) Chocolate Orange - p 110. These taste like dessert, but they're filled with healthy dates, cashews, and coconut flour! Some others I have flagged to try are: Peach Cobbler, Cocoa Crispy Rice, Peanut Butter and Chocolate, Apricot Coconut and Seeds, Matcha Mint and Chocolate, Vanilla Chai Latte, and Lime and Coconut.

loved it

Found this book in the local library while recovering from a concussion and was in no tv, no computer, no thinking hard mode of my recovery. This was the perfect cookbook for me at that time. I started with the matcha chocolate recipe, then avocado, then chia caramel and just tried the cookie dough. It's about time to return the book and I'm pretty far along in my recovery now but I don't want to give this book up. So we decided to buy a copy. It's worth every dollar.

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