

Choco Fever Dream

Healthy Chickpea Energy Balls Recipe

15 min Prep time	**15 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Base

- [ ] 1 ½ cups cooked chickpeas (about one 15-oz can, drained and rinsed)
- [ ] ½ cup pitted dates, soaked
- [ ] ¼ cup rolled oats
- [ ] 2 tbsp honey (or maple syrup for vegan)
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp vanilla extract

Optional Add-ins

- [ ] 2 tbsp cocoa powder for chocolate flavor
- [ ] ¼ cup chopped almonds or walnuts
- [ ] 1 tbsp shredded coconut for coating

Instructions

1. In a food processor, pulse the chickpeas until coarse but not completely smooth.
2. Add soaked dates, honey, lemon juice, and vanilla; process until the mixture becomes sticky and cohesive.
3. Stir in rolled oats and any optional add-ins like cocoa or chopped nuts; mix by hand until evenly distributed.
4. Roll the mixture between your palms into 1-inch balls, then coat lightly with shredded coconut or extra cocoa if desired.
5. Place the balls on a parchment-lined tray and refrigerate for at least 10 minutes before serving.

Nutrition per serving

120 kcal	5 g	18 g	4 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture is too sticky, chill it for 5 minutes before rolling.
- A pinch of sea salt enhances the sweetness and balances flavors.
- Feel free to double the batch for a larger stash.