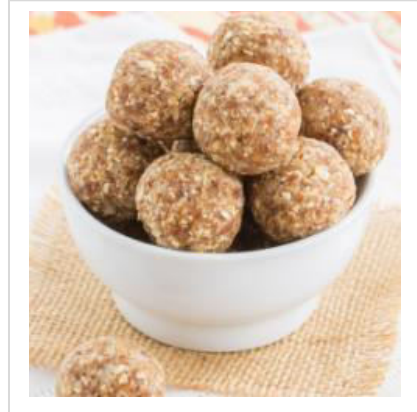


# Walnut Energy Balls

**Makes:** Approx 12 small balls

## Ingredients

100g coarsely chopped walnuts  
100g Ground Almonds or ground walnuts  
1 small/medium egg  
25g Xylitol (sugar substitute) Grind into fine granules  
1 tsp cinnamon



## Instructions

1. Preheat your oven to 180 C/ 350 F/ Gas 4
2. Beat the egg, Xylitol and cinnamon in a bowl.
3. In a separate bowl, mix together the chopped walnuts and the ground almonds
4. Add wet mixture gradually to the nut mixture until it's the consistency that can be formed into balls (make sure it doesn't get too wet)
5. Form little balls by rolling mixture in the palms of your hands
6. Arrange onto a baking sheet or greaseproof paper.
7. Bake for 10 - 15 minutes or until nicely browned
8. Cool on a wire rack. Store in an airtight container

## Nutrition information:

Each Serving:	per Ball
Kcal	72
Fat	5g
Net Carbs	1g
Protein	3g