

Also known as Robbie's Bird Seed Bites (Alan's renaming)

Peanut Choc Chip Energy Bites

Ingredients

- 75g roasted, salted peanuts
- 50g raw cashews, unsalted
- 100g oats
- 5 Medjool dates, pitted
- 3 soft dried figs
- 10g sunflower seeds
- 10g chia seeds
- 2 tbsp coconut oil
- 2 tbsp date syrup (or other sweetener like honey or maple)
- 75g good quality dark chocolate chips

Method

1. Roughly chop half the peanuts and cashews and set aside. Put the rest of the nuts and the oats into a blender or food processor and blitz to a breadcrumb texture. Add the dates and figs and blend until uniform in appearance.
2. Place the mixture in a large bowl, add the chopped nuts and seeds, and combine well.
3. In a small saucepan, gently heat the oil and date syrup until runny and then pour into the nut mixture. Combine well and leave to cool.
4. Now add the chocolate chips and stir through to distribute evenly. Press into a tin (15x20cm) lined with a strip of baking parchment, leave the ends poking out so it's easier to lift out of the tin later.
5. Place the tray in the freezer for an hour or so to firm up, remove from the tin and cut into 24 bite-sized squares. Keep in the freezer.

Recipe extracted from The Midlife Method: How To Lose Weight and Feel Great After 40 by Sam Rice, published by Hachette.