



Snacks

Energy Balls



Choco-protein recovery (choco-proteína recovery)

medjoul dates, pea protein*, **oats***, raw cacao powder *, **almond** butter, coconut oil*, toasted **hazelnuts***, agave syrup*, water

Options: no agave syrup

31g, raw, recommended to store 1 week in the refrigerator or 3 months in the freezer

May contain traces of gluten, sesame, soy, peanuts, or other tree nuts



Choco-coco / Choco-orange

medjoul dates, **oats***, shredded coconut*, raw cacao powder*, raw **almonds***, agave syrup*, coconut oil*, water
Choco-orange also has: sweet orange essential oil *, cinnamon*

Options: no coconut, no agave syrup, raw

25g, cooked, store 2 weeks in an airtight container at room temperature or 3 months in the freezer

May contain traces of gluten, sesame, soy, peanuts, or other tree nuts



Carrot low-hist(amine)- all ingredients are O-1 on the SIGHI list

carrots, medjoul dates, teff flakes, **brasil nuts***, shredded coconut*, **almond** butter*, black seeds (nigella sativa)*, ground flax*, cinnamon*, powdered ginger*

25g, raw, recommended to store 1 week in the refrigerator or 3 months in the freezer

May contain traces of peanuts, tree nuts, or sesame



Apricot (Albaricoque)

dehydrated apricot*, raw **almonds***, hemp hearts*, powdered ginger*, black pepper, vanilla extract, non-refined sea salt, water (may contain raspberry)

Options: rolled in raspberry (no sugar) or hemp hearts

22g, raw, recommended to store 2 weeks in the refrigerator or 3 months in the freezer

May contain traces of gluten, peanuts, or tree nuts



BananaNut (PlataNuez)

medjoul dates, **oats***, raw **walnuts***, banana, chunks of dark chocolate 79% (cocoa paste*, erythritol*, cocoa butter*, defatted cocoa powder*), ground flax*, chia*, vanilla extract, non-refined sea salt

24g, raw, recommended to store 1 week in the refrigerator or 3 months in the freezer

May contain traces of gluten, sesame, soy, lactose, peanuts, or tree nuts



Carob (Algarroba)

medjoul dates, carob flour*, **almond** meal*, shredded coconut*, sweet orange essential oil*, water

Options: no coconut

25g, raw, recommended to store 2 weeks in the refrigerator or 3 months in the freezer

May contain traces of peanuts or tree nuts

*From organic farming

Choco-protein recovery 31g

Valor energético/calories 113	
Grasas/Total Fat	4g
Saturadas/Saturated Fat	2g
Monounsaturated Fat	1g
Sodio/Sodium	57mg
Potasio/Potassium	131mg
Hidratos de Carbono/Carbohydrate	15g
Fibra/Dietary Fiber	2g
Azúcares /Sugars	9g
Proteínas/Protein	5g

Choco-coco/Choco-naranja, 25g

Valor energético/calories 104	
Grasas/Total Fat	5g
Saturadas/Saturated Fat	4g
Sodio/Sodium	3mg
Potasio/Potassium	121mg
Hidratos de Carbono/Carbohydrate	15g
Fibra/Dietary Fiber	2g
Azúcares /Sugars	8g
Proteínas/Protein	2g

Carrot Low-Hist(amina), 25g

Valor energético/calories 104	
Grasas/Total Fat	7g
Saturadas/Saturated Fat	3g
Monounsaturated Fat	1g
Sodio/Sodium	21mg
Potasio/Potassium	34mg
Hidratos de Carbono/Carbohydrate	10g
Fibra/Dietary Fiber	2g
Azúcares/Sugars	1g
Proteínas/Protein	2g

Apricot (Albaricoque) 22g

Valor energético/calories 80	
Grasas/Total Fat	4g
Saturadas/Saturated Fat	0g
Monounsaturated Fat	2g
Polyunsaturated Fat	2g
Sodio/Sodium	26mg
Potasio/Potassium	184mg
Hidratos de Carbono/Carbohydrate	10g
Fibra/Dietary Fiber	2g
Azúcares/Sugars	8g
Proteínas/Protein	2g

Carob (Algarroba) 25g

Valor energético/calories 90	
Grasas/Total Fat	2g
Saturadas/Saturated Fat	0g
Sodio/Sodium	2mg
Potasio/Potassium	123mg
Hidratos de Carbono/Carbohydrate	17g
Fibra/Dietary Fiber	4g
Azúcares/Sugars	12g
Proteínas/Protein	1g

BananaNut (PlataNuez) 24g

Valor energético/calories 80	
Grasas/Total Fat	4g
Saturadas/Saturated Fat	1g
Polyunsaturated Fat	1g
Sodio/Sodium	2mg
Potasio/Potassium	92mg
Hidratos de Carbono/Carbohydrate	13g
Fibra/Dietary Fiber	2g
Azúcares/Sugars	8g
Polialcoholes/Polyols	1g
Proteínas/Protein	2g

Approximate nutritional information per energy ball