

Peanut Butter Energy Balls

using Scott's Reduced Sugar Chocolates

Oats:

- Rich in antioxidants, including avenanthramides. These lower blood pressure by increasing production of oxide which helps dilate blood vessels and leads to a better blood flow. Ferulic acid is another antioxidant which protects against oxidative damage caused by free radicals.
- Soluble fibre called beta-glucan which lowers LDL cholesterol (decrease total cholesterol levels), reduced blood sugar and insulin resistance, increased feeling of fullness, increased growth of good bacteria in the digestive tract.
- Decrease incidence of childhood asthma (by easing the symptoms of this inflammatory disease).
- Good for the skin, hydrating and relieving eczema.

Peanut Butter:

- Aids weight-loss by increasing energy levels. Raises testosterone levels, increasing muscle building.
- Zinc: increase libido increase testosterone and increased energy. Supports healthy immune system. Physical growth but also cognitive function and emotional development. Maintains healthy blood glucose levels. Crucial process for wound healings, from coagulation and inflammation, to the remodeling of tissue and scar formation.
- Protein: immunity. Basis of all tissue and subsequently all DNA too.
- Satiating effect: weight loss by keeping you fuller for longer and reduce risk of snacking on high fat, salt, sugary foods.
- Potassium: regulating fluids, maintaining good heart and kidney health. Enhancing muscle strength, metabolism, water balance, electrolytic functions and nervous system.
- Magnesium: energy production and bone growth. Keeps heartbeat steady, decreases heart disease, hypertension and diabetes. Treats headaches, chronic pain, asthma, and sleep disorders.
- Vitamin E: antioxidant, protects body tissue from free radical and oxidative damage. Formation of red blood cells. Widens blood vessels and keeps blood from clotting inside them.
- Vitamin B6: improve mood and reduce symptoms of depression by regulating serotonin and dopamine. Decreases homocysteine which is linked to depression.
- Niacin: boost levels of good HDL Cholesterol and lower triglycerides. Prevention of atherosclerosis therefore preventing heart disease.
- Folate: normal fetal development, sperm viability, good for the heart as it metabolizes homocysteine to methionine, an essential amino acid. Therefore, reduce heart disease and stroke. Encourages normal cholesterol levels by lowering LDL cholesterol. Provides neurological support.
- Thiamin: body converts carbohydrates into cell-soluble ATP used as energy.
- Rich in antioxidants.
- Boost brain function, preventing Alzheimer's. Vitamin E and Niacin slow this age-related cognitive decline.

Honey:

- Reduces cough and throat irritation.
- Rich in antioxidants from phenolic compounds like Flavonoids. These promote eye health, reduce heart disease and cancer.
- Lower bad LDL cholesterol, triglycerides and inflammation while raising good HDL cholesterol.
- Promotes burn and wound healing from its antibacterial and antimicrobial effects and its ability to nourish surrounding tissue. Treats psoriasis and herpes lesions. Treats burn wounds.
- Honey works better than most common cough medications. Acts as a safe cough suppressant with no side effects.

Coconut:

- Contains plant-based protein for growth and maintenance of bodily tissues as it is the base molecule of all cell molecular makeup and DNA. Causes biochemical reactions like metabolism due to digestive enzymes. Acts as a messenger due to hormone transmission; basis of all bodily functions. Provides structure: keratin, collagen and elastin form connective framework of structures. Maintains proper pH, balances fluids.
- Manganese is high: improve bone health. Antioxidant so reduces risk of disease. Reduce inflammation. Blood sugar regulation, lower risk of epileptic seizures. Metabolism of nutrients; helps amino acid digestion and utilization. Reduce PMS symptoms.
- Rich in Copper: iron metabolism, forming connective tissue, nervous system, antioxidant properties, connective tissue, nervous system, antioxidant properties conversion of dopamine into norepinephrine to maintain and regulate mood.
- Iron: reduce incidence of IDA (fatigue and dizziness). Maintenance of synthesis of RBC; carry oxygen around the body.
- Selenium: antioxidant which protects cells. Protect against heart disease and certain cancers. Important for thyroid health therefore weight management. Boost immune system and reduce asthma symptoms.
- Low in carbs, high in fibre and fat so promotes blood sugar control. Anti-diabetic effects by improving insulin sensitivity.

Chia Seeds:

- Antioxidant, protect against free radical damage.
- Fibre: high in soluble fibre aiding digestion, slow absorption of food. Slow release of sugar into the blood.
- High quality protein, good balance of essential amino acids.
- Weight-loss friendly macronutrient which drastically reduces appetite and cravings.
- High in omega 3 fatty acids: more than salmon gram for gram. Fight depression, improve eye health promote brain health during early pregnancy. Reduce risk factors for heart disease.
- Bone nutrients - contains calcium, phosphorus, magnesium and protein.
- Reduce blood sugar levels. Anti-diabetic effects as it improves insulin sensitivity.

Bibliography

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