

# RECIPE

## Chocolate Orange Energy Balls

From Mandy How - recipe by @doctorbowl (Instagram)

Makes about 25 balls.

### Ingredients

- 2 cups of oats
- 2 tbsp cocoa powder
- 2 tbsp chia seeds
- 13 medjool dates
- Juice from 1 large orange
- Toppings: melted chocolate and orange zest (optional)



### Method

Blend all the dry ingredients together. Add the orange juice slowly.

The mixture should come together. If too dry add more orange juice. If too wet add more oats.

Roll into balls.

Roll in melted chocolate, top with some orange zest.

Refrigerate until set.



by Liz Patroe

It's nearly Halloween (as I write this) after which minds will be turning to Christmas and the New Year so now seems a good time to pause and look back to late summer when Speen played host to its 14th Festival - photo spread on the following pages.

The Playing Fields, the Marquee, the Village Hall, the Chapel, the village itself and the surrounding countryside made it possible for us to stage 21 very different events. Without these, most of which rely on fundraising efforts and bookings to keep going and looking good, we would not be able to bring the village together, make new connections, learn new things, and generally enjoy ourselves. So thank you to the volunteers that take care of these important and irreplaceable village assets.

Through the generosity of our event organisers, many of whom gave their time, and the enthusiasm of those attending events, we were able to raise just under £8000. This has now been distributed to charities proposed by event organisers and to

village organisations mentioned above. This is a fantastic outcome. I won't divulge how much was raised by those who enjoy a tipple or two but safe to say, The Dragon Tavern, played an important role (thank you, Helen)!

Being a fairly windy and rainy two weeks made things interesting ...! Not least, the partial collapse of the marquee just after the last event. It was humbling to see so many people come to the marquee's rescue at short notice so thank you to all of you who helped that Monday morning.

Inevitably, questions will be asked (and already have been asked!) about Speen Festival 2027 ... The planning team can attest to how rewarding it has been to organise this year's event. So, if and when the call goes out for support next year (with planning starting about a year before the festival starts), I hope there will be new faces with exciting ideas and enthusiasm ready to take up the baton.

Thank you again.







