

Super Energy Balls

- ¾ cup Dried fruit*, chopped if necessary
- ¼ cup Sunflower seeds
- 2 Tbsp Chia seeds
- 2 Tbsp Ground flaxseeds
- ½ tsp Vanilla extract
- ¼ tsp Ground cinnamon

RECIPE INSTRUCTIONS

1. Line a sheet pan with parchment paper and set aside.
2. In a bowl of a food processor, combine the pitted dates and almonds. Pulse until coarse crumb like consistency.
3. Add the remaining ingredients and process until well combined. The mixture should be sticky and easily stick together between two fingers. If the mixture seems dry, add 1 Tablespoon of water at a time. You can also try using your meat grinder to put everything through and mush it together.
4. Roll a tablespoon of the mixture into approximately 1-inch ball. Transfer to prepared sheet pan and repeat until all of the mixture has been rolled.
5. Refrigerate for about an hour or until the balls are firm. Store refrigerated in a closed container. Makes 20-23 ball

