

ENERGY BALLS

Aug 2026

- 1/3 cup Natural Peanut Butter (sub cashew or Almond)
- 1/3 cup dates - pits removed (sub raisins or cranberries)
- 1/3 cup Cocoa Powder
- 1/3 cup Instant Oats
- 2 Tbsp each: flax seeds (sub almonds, walnuts)
- Poppy seeds
- Sesame seeds
- Pumpkin seeds
- Sunflower seeds.
- Chia seeds.
- 2 Tbsp water or coffee

To the bowl of a food processor, add all ingredients but water. Pulse until the mixture is uniform. Add water 1 Tbsp at a time until mixture holds together when pressed. It will still look slightly crumbly not wet. Shape into small balls with hands. Store in an airtight container in the fridge.

makes 16 balls.

