



SEEDS ENERGY BALLS

- Calories:90
- Carb:6.2g
- Fat:5.9g
- Protein:3.2g
- Servings: 18 balls
- Prep time: 10 mins
- Total time: 25 mins
- Category: Dessert

INGREDIENTS

- 75g sunflower seeds
- 3 tbsp hemp seeds
- 3 tbsp pumpkin seeds
- 100g dates, pitted
- 3 tbsp desiccated coconut
- 1 tbsp ground flaxseeds
- 1 tsp vanilla extract

DIRECTIONS

01

Add sunflower seeds, hemp seeds, and pumpkin seeds in a food processor and process until finely chopped.

02

Add the remaining ingredients to the food processor and process until well combined.

03

Scoop the mixture and shape into 15 small even-sized balls.

04

Place the ball on a lined plate or baking sheet and chill in the fridge until firm.

05

Keep in an airtight container in the fridge.