



ENERGY BALLS

2 cups pitted dates (medjool are best)
1 Cup shredded coconut
1 cup pecans, walnuts or almonds
¼ cup cacao powder
1 tablespoon liquid coconut oil
½ teaspoon vanilla extract or powder
Pinch cinnamon
Extra shredded coconut for rolling

Place all ingredients into a blender (except for extra shredded coconut) – blend until well combined.

Press the dough into balls in your hands and then roll into shredded coconut.

Place in freezer for an hour and they will be ready to serve.

Store in an airtight container in the fridge.

Tips:

- Try some variations – add some oats, cranberries, cacao nibs, chia seeds, goji berries (soak so they are soft)
- Alternatively try some rolling balls in cacao powder, rather than shredded coconut

Don't eat them all at once!!!