Raw Energy Balls

Ingredients:

- ³/₄ cup raw almonds
- 2 tbs chia seeds
- 2 tbs hemp seeds
- I cup pitted dates
- 1 cup dried cranberries
- $\frac{3}{4}$ cup creamy raw almond butter or peanut butter
- 3 tablespoons coarse coconut flakes to coat

Directions:

- In a food processor fitted with the 's' blade, grind the almonds until finely ground.
- Add the chia seeds and hemp seeds and grind to a fine meal.
- 3. Add the pitted dates, the cranberries and nut butter and blend until mixture is evenly combined.
- 4. Spread the mixture on a baking pan lined with parchment paper. Press firmly down for an even layer and freeze for 30 minutes to set.
- 5. Take the mixture out of freeze and form into balls (wet hands to roll) and roll in the coconut flakes.
- 6. Store in refrigerator or freezer.