

Raw Energy Balls

Ingredients:

- $\frac{3}{4}$ cup raw almonds
- 2 tbs chia seeds
- 2 tbs hemp seeds
- 1 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:

1. In a food processor fitted with the 's' blade, grind the almonds until finely ground.
2. 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.