

Pumpkin Seed Date Energy Balls

Protein Boosting Snack



SERVINGS

24 Balls

EQUIPMENT

- Food Processor

INGREDIENTS

- 1 Cup Rolled Oats
- 1/2 Cup Sunflower Seeds
- 1/2 Cup Pumpkin Seeds
- 12 Medjool Dates (Pitted)
- 1 Tbsp Chia Seeds
- 1 Tbsp Hemp Seeds
- 1/4 Tsp Sea Salt
- 1 Tsp Vanilla Extract
- 2 Tbsp Lemon Juice

INSTRUCTIONS

1. In a food processor pulse sunflower seeds, pumpkin seeds, chia, and hemp seeds until mix well.

Add rolled oats, dates, sea salt, vanilla extract, and lemon juice.

Pulse a few times and process until moist; slightly sticky.

Roll into small balls.

Coat with your favorite toppings such as cinnamon, raw cacao chocolate, coconut flakes, sesame seeds, ginger, and/or mint.

Put in fridge or freezer for 30-60 minutes to firm up, and Enjoy!

