



# Almond Butter Energy Balls

10-15 pitted dates

1 cup raisins

½ cup rolled oats

¾ cups natural almond butter

2 Tbs Raw honey

2 TBS ground Flax seed

**INGREDIENTS** ½ tsp pure vanilla extract

2 TBS of chia seed

¼ cup of mixed nuts, seeds, dried fruit

¼ cup carob chips or  
70% Dark chocolate

½ cup unsweetened coconut

## INSTRUCTIONS:

**One:** Bring a kettle of water to boil. In heat-proof bowl, add dates. Add boiling water to cover. Set aside for 5 minutes. Remove dates from water with a slotted spoon and reserve 2 tbs of the soaking water; discard remaining water.

**Two:** To food processor, add dates, reserved soaking water, raisins, almond butter and honey. Process until smooth. Add vanilla and process until combined.

**Three:** Add oatmeal, flax seed, chia seed food processor and process on high until a soft, sticky dough forms, about 30 seconds.

**Four:** Using a small cookie scoop or a spoon, spoon 1 tbsp portions of dough and roll into round balls with hands.

**Five:** Place coconut into a bowl, roll balls in coconut until coated

**\*\***Transfer balls to a resealable freezer bag or covered container and refrigerate. Can freeze up to one month. Thaw for 5-10 minutes before serving