**Sally’s Drawer**

**Energy Balls**

**Makes 15-20 balls depending on size.**

**Ingredients**

**1 cup of medjool dates (no pits)**

**3/4 cup of almonds**

**3/4 cup of walnuts**

**2 tablespoons of chia seeds**

**1 tablespoon of ground flax seed**

**1 tablespoon of sunflower seeds**

**1 tablespoon of protein powder**

**1 tablespoon of raw cacao powder**

**1 tablespoon of coconut oil**

**Method**

1. **Place the almonds, walnuts, ground flax seeds and chia seeds in a food processor.**
2. **Blend for 1 minute or until a flour forms and the nuts have crumbled.**

**3. Then add the remaining ingredients, making sure all pits are removed from the dates.**

**4. Blend for another minute until a sticky dough forms.**

**5. Use your hands to roll the mixture into little balls. Store in the fridge.**