



High protein super snacks

dairy-free soy-free vegan gluten-free low amines (without cocoa)

Prep time: 20 minutes | **Chill time:** 1 hour | **Makes:** Approximately 16 Balls (~ 17,5g ball size)

Ingredients

- 1 Cup almonds or hazelnuts
- ½ Cup sunflower seeds
- ½ Cup pumpkin seeds
- ½ Cup coconut
- ⅓ Cup sesame seeds
- 1 tbl Chia seeds
- ¼ Cup cocoa powder
- ½ Cup pitted dates soaked in hot water
- ¼ Cup orange or cranberry juice
- 1 serve of Super greens (optional)*
- ½ tbl Coconut oil (it improves consistency)



*Use the serve size guide on the Green Powder you buy (depends on brand). I recommend Macrolife Greens (TM), which we stock at Core Nutrition, because 1 serve (9.4g) is equivalent of 5 serves of vegetables (375g).

Preparation

1. Place almonds, sunflower and pumpkin seeds in food processor, and pulse into fine meal.
2. Add coconut, sesame and chia seed, coco and super greens and pulse. Transfer to large bowl.
3. Drain dates and puree with orange juice to fine paste.
4. Add paste to dry ingredients and mix well.
5. Roll into balls and roll in extra coconut or cocoa powder.
6. Refrigerate.

Store in the freezer for up to 3 months.

Hint: Sometimes swap ⅓ Cup of cranberries for some of the dates.