



Energy Balls Recipe



Chocolate, Cashew and Date Energy Balls

Ingredients

- 1 cup raw cashew
- 10 pitted Medjool dates
- 1/4 cup raw cacao powder
- 2 tablespoons ground flaxseeds
- 1 teaspoon mint extract
- pinch of salt
- coconut or raw cacao powder for coating (optional)

Instructions

- Add all the ingredients to a food processor and process until the mixture comes together and forms a ball.
- Using a medium cookie scoop, scoop a ball and roll it in between your hands.
- Enjoy plain or roll it in coconut or raw cacao powder for variety.
- Store in an airtight container in the refrigerator or freezer.

Enjoy!