



Sunbutter Balls



INGREDIENTS:

- 1 cup of dates, pitted and chopped
- 3 tbsp of cashew meal (you can also use almond meal or ground oats)
- 2 tbsp of sunflower seed butter (you can use any nut or seed butter)
- 3 tbsp of shredded coconut
- ½ tsp of vanilla extract
- pinch of sea salt and cinnamon to taste

Topping Ideas:

- Shredded coconut
- Sesame, hemp or chia seeds
- Bee pollen
- Cocoa powder
- Finely chopped nuts

DIRECTIONS:

1. Soak the pitted, chopped dates for 15 minutes.
2. In a high-speed blender or food processor, blend the dates into a paste.
3. Add the cashew meal and pulse until combined.
4. Transfer the mixture to a large mixing bowl and stir in the remaining ingredients.
5. Refrigerate for 15 minutes.
6. Using your hands, roll the “dough” mixture into bite-sized balls.
7. Roll the balls in your favorite toppings or enjoy plain.

This recipe makes approximately 20 small sunbutter balls and they can be stored in the refrigerator for up to a week.