



Coconut Ginger Balls

12 servings

10 minutes

Ingredients

- 1 cup Pitted Dates
- 2 tbsps Walnuts
- 3/4 cup Unsweetened Shredded Coconut
- 3 tbsps Raw Honey (Substitute molasses or maple syrup for vegan)
- 3 tbsps Ginger (Fresh, grated)

Nutrition

Amount per serving	
Calories	92
Fat	4g
Saturated	3g
Carbs	15g
Fiber	2g
Sugar	12g
Protein	1g

Directions

- 1 In a food processor, mix everything up well. Roll and shape into 1 inch balls and refrigerate
- 2 Roll the balls in a little extra finely shredded coconut if you like (optional).

Notes

Natural Sweetener: Dried dates are one of our favorite sweeteners at Mipstick! Super easy to use and tons of natural flavor.

Electrolytes + Glucose: Dates are high in potassium, which is an electrolyte the body needs for good heart health, and to build muscle and proteins in the body. Add to the natural high-fibre glucose, dates make the perfect pre & post-workout snack for the athlete.

Anti-inflammatory & Adrenal Supportive: Dates are rich in polyphenols, antioxidant compounds that protect the body from inflammation. In fact, dates contain more polyphenols than most other fruits and vegetables.

Tags: This recipe is dairy-free, grain-free, gluten-free, and is paleo, vegetarian and vegan friendly.

Nut allergy?: Substitute the walnuts with pumpkin seeds instead.