



Cinnamon Ginger Energy Balls

12 servings

15 minutes

Ingredients

3/4 cup Pitted Dates
1/2 cup Almonds (raw)
1/4 cup Cashews (raw)
1/2 tsp Cinnamon (ground)
1/4 tsp Ground Ginger
1/2 tsp Vanilla Extract
1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	78
Fat	4g
Saturated	0g
Carbs	9g
Fiber	2g
Sugar	6g
Protein	2g
Cholesterol	0mg
Sodium	50mg

Directions

- 1 Add the dates, almonds, cashews, cinnamon, ginger, vanilla and sea salt to a food processor and blend until well mixed and sticky.
- 2 Transfer to a medium-size mixing bowl. Form into even balls with your hands and store in the fridge or freezer until ready to enjoy.

Notes

Serving Size: One serving is equal to one ball.

Leftovers: Store in an airtight container in the fridge up to one week. Store in the freezer for longer.

A Winning Combination: Consuming healthy fats or protein (cashews and almonds contain both!) with a carbohydrate such as dates will help to slow the release of sugars from that carbohydrate. This means longer lasting energy, improved mental focus, and reduced hunger for you!