



Coconut And Ginger Energy Balls

18 servings

5 minutes

Ingredients

- 1 cup Pitted Dates
- 2 tbsps Brazil Nuts (Chopped)
- 3/4 cup Unsweetened Coconut Flakes
- 1 1/2 tpsps Raw Honey (Or other sweetener)
- 2 tpsps Ground Ginger (Fresh)

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 54 |
| Fat | 3g |
| Saturated | 0g |
| Carbs | 8g |
| Fiber | 1g |
| Sugar | 6g |
| Protein | 1g |
| Cholesterol | 0mg |
| Sodium | 1mg |

Directions

- 1 Place the dates in a food processor or blender and blend for 1 minute.
- 2 Add Brazil nuts, shredded coconut, honey, ginger and continue to blend until all nuts/dates have broken down into uniform size and a sticky batter has formed. (Can take anywhere from 1-5 minutes depending on the strength of the machine).
- 3 Scoop out tablespoon sized amounts of the mixture and roll into balls, depending on the stickiness you can wet your hands a touch to make the balls easier to roll.
- 4 Store the balls in the fridge in a sealed container for approximately a week, or you can keep them in the freezer for a month.

Notes

SUBSTITUTION: If wished, Brazil nuts can be swapped with cashew nuts!

PHOTO CREDIT: Picture from everylastbite.com

MORE PROTEIN: Add 2-3 scoops of your favorite protein powder to your recipe, you might need to add a little more chopped dates and/or honey for desired texture to allow for rolling into balls if using protein powder.