



Energy balls (makes 20-22)

Equipment: Mini chopper or food processor and disposal gloves

Ingredients:

- 4 Medjool dates – seeded, chopped roughly
- 2 tablespoons raisins ^{*see note}
- 2 dry figs — chopped roughly ^{*see note}
- 1.5 tablespoons chia seeds
- 2-3 tablespoons cacao powder (up to your taste)
- 3 tablespoons coconut oil (it is easier to mix if it's melted)
- 1 tablespoon sesame seeds
- 1/4 teaspoon spirulina (option)
- 1/4 teaspoon cinnamon (option)



Direction:

- 1) Mash all dry fruits in a chopper or food processor until it gets one blob.
- 2) Take its blade off and put the rest of ingredients and mix well.
- 3) In summer: Put them in a fridge for 10-15 minutes.
In winter: Do step 4)
- 4) Putting gloves on. = this is very sticky. Make a small bite size ball and put them in a glass jar or a container. Keep them in the freezer.
Enjoy now or wait until they are frozen.

Note:

You can use 7 dates but using raisin and/or figs may save a bit of money.