

Bliss Balls

This yummy recipe provides a good sources of calcium, protein, fibre and iron. It provides a quick boost of energy and quenches cravings for sugar and sweets!

Ingredients

- 1/2 cup tahini
- 3/4 cup almond butter, hazelnut butter or tahini butter
- 1/3 cup of pure maple syrup, honey or agave
- 1/4 cup cocoa powder
- 1/2 cup sesame seeds
- 1/4 cup ground flax seeds
- 1/4 cup raisins, dried cranberries, blueberries or small chunks of dried apricots 1/4-1/2 cup chocolate chips
- * 1/2 cup shredded coconut
- * 3/4 cup sunflower seeds or slivered almonds

Directions

In a medium sized mixing bowl combine the tahini, almond butter, syrup/honey, dried fruit, chocolate chips, and cocoa powder. In a skillet lightly toast the sesame seeds, sunflower seeds and coconut. Set aside to cool for ten minutes and then add to the mixing bowl, add the ground flax seeds and mix well. Form into small balls by hand. Roll the balls in a small amount of the shredded coconut. Place them on a cookie sheet and put into the refrigerator for 20 minutes to harden. Serve these anytime and enjoy.

*Can substitute in ground chia seeds for flax if desired.