

Raw Hemp Energy Balls

Recipe Courtesy of Healing the Vegan Way

Yield: 16 Energy Balls

Prep time: 20 minutes, Total time: 20 minutes,
Serving size: 1 tablespoon, Number of servings: 16

1 cup raw almonds
2/3 cup pitted Medjool dates
¼ cup dried shredded unsweetened coconut
2 tablespoons raw almond butter (optional)
½ teaspoon ground cinnamon
½ teaspoon ground cardamom
Pinch of sea salt
¾ teaspoon culinary-grade rose water (optional)
1/3 cup raw cacao nibs
¼ cup hemp seeds

1. Place the almonds in a food processor and process until finely ground
2. Add the dates, coconut, almond butter, if using, cinnamon, cardamom, salt, and rosewater, if using, and process until smooth. Transfer to a bowl.
3. Add the cacao nibs and mix with your hands until evenly distributed. Form into sixteen small balls.
4. Place the hemp seeds in a small dish. Roll each ball in the hemp seeds until coated. Store in a glass jar in the refrigerator for up to a week.

Nutritional Facts per serving (24g): Calories 115, Fat Calories 75, Total Fat 9 g, Saturated Fat 2 g, Cholesterol 0 mg, Sodium 13 mg, Total Carb 8 g, Dietary Fiber 3 g, Sugars 4 g, Protein 4 g.