

# Everything Energy Balls



**Source:** New Growth Wellness

**Prep Time:** 15 minutes

**Cook Time:** 0 minutes

**Yield:** 26-30 balls

## Ingredients:

- \*1 cup raw almonds
- \*1 cup rolled oats
- \*1 cup shredded coconut
- \*1/2 cup raw sesame seeds
- \*1 cup dried fruit (I use raisins)
- \*1/4 cup sunflower seeds
- \*1/4 cup pumpkin seeds
- \*1/2 cup hemp hearts
- \*4-6 Tbsp cocoa powder
- \*1/2 tsp salt (unless you used salted peanut butter)
- \*3/4 cup peanut butter
- \*1/2 cup honey
- \*3/4 cup coconut oil

## Directions:

1. Combine all dry ingredients in a food processor and blend well.
2. Add peanut butter, honey, & coconut oil and blend until well combined. You may have to scrape down the sides a few times to blend it all.
3. Transfer to a large bowl and do a final mix with your hands.
4. With slightly wet hands form balls about 1 inch wide and place on a cookie sheet.
5. Place in the fridge or freezer for 1-2 hours until set. You can store them in the freezer for an easy snack that lasts weeks!

