

Dark Chocolate Energy Balls!

INGREDIENTS:

25 dates, pitted
1/3 cup filtered water
1/3 cup almond or cashew butter
2 tablespoons pastured ghee
or coconut oil
1 cup *Dr. Sara's Vanilla Hormone Reset Shake powder* (or *Dr. Sara's Vanilla Hormone Balancing Shake powder*)
1/2 cup unsweetened cacao powder
1/4 cup cacao nibs
1/4 cup ground flaxseeds
1 teaspoon ground cinnamon
1 cup ground almonds or pistachios

Makes 25-30 energy balls.

DIRECTIONS:

- 1 Blend dates and water in food processor. Add nut butter and ghee or oil, and blend until smooth. Add shake powder, 1/4 cup at a time, followed by cacao powder, cacao nibs, flax seeds, and cinnamon. Add additional water, ghee, or oil as needed to make dough sticky.
- 2 Roll about 1 tablespoon of dough into a ball shape, and roll in the ground nuts. Freeze or refrigerate to firm.

