

Tangy Nut Balls

High Energy Snack
Quickly made

Ingredients:

1 cup almonds
¾ cup cashews
1 ½ cup Medjool dates
Pitted Juice of three limes (or lemons if you prefer)
1 tsp fresh grated lime or lemon rind
½ cup coconut flour or coconut shavings (unsweetened)



- ✚ Spread the nuts on a baking sheet and broil in toaster for 5 min, until slightly brown. Set aside and cool.
- ✚ When cool or slightly warm, process nuts in a food processor until ground but don't pulverize them. Set aside into mixing bowl.
- ✚ Mix together dates and juice of limes in a food processor.
- ✚ Now hand- mix all ingredients together.
- ✚ Slightly wet hands and with a tsp, you scoop out the mixture and roll mixture in your hands to form small bite size nut balls.
- ✚ Place coconut flour into a pan and place nut balls into it. Shake the pan until all nut balls are coated. Voila!!! Enjoy.

Can be stored in a sealed container in refrigerator or frozen. Great snack when you are on the road and need a quick pick me up.