



Lakeland Natural Health

Date Energy Balls

*Use organic ingredients when possible

Ingredients:

2 Cups	Walnuts, or other nut/seed of choice
1 Cup	Shredded Unsweetened Coconut
2 Cups	Soft Medjool Dates, pitted
½ Tsp	Sea Salt
1 Tsp	Vanilla Extract

Instructions:

- In a large food processor fitted with an “S” blade, process the walnuts and coconut until crumbly.
- Add in the dates, vanilla and sea salt and process again until a sticky, uniform batter is formed. (You can add a tablespoon of coconut oil, only if needed to help the mixture come together) You don’t want to over process, or the batter will become oily, so process until crumbly, but sticky when pressed between your fingers.
- Scoop dough by heaping tablespoons, and then roll between your hands to form balls. Arrange on a baking sheet lined with parchment paper, then place in the fridge or freezer to set for at least 30 minutes before serving. Store in a sealed container in the fridge for up to a week, or in the freezer for an even longer shelf life.

*For a gourmet-looking truffle, you can roll them in shredded coconut or cacao powder before chilling.