

Nutty Balls



Ingredients:

1 cup nut butter of choice

½ cup softened raw honey

½ teaspoon Real salt

1 tsp. vanilla

1 cup coconut

1 ½ cups chopped nuts of choice (or granola)

½ cup wheat germ*

¼ cup sunflower seeds*

2 Tbsp. chia seeds*

1 Tbsp. flax seeds*

1 Tbsp. cinnamon (or Annie's Breakfast Sprinkle or Cold Remedy Sprinkle)*

1 Tbsp. herbal powder of choice *

*These are all optional add whatever seeds, dried berries, powders or sneak in you like

Instructions:

Stir together the first four ingredients then add the rest, mixing with hands or spoon.

Form into balls then roll in coconut, chopped nuts, almond flour or just leave plain.

Store in the fridge until ready to eat.

To Use:

These make a great protein packed, nutrient dense, energy boosting snack!