



Winter energy balls

PREP TIME: 15 MINS

SERVINGS: 6-8

COOK TIME: 15 MINS

Ingredients

- 1/2 cup of peanut butter
- 6 dates
- 1/4-1/2 cup of shredded coconut
- 1/4 teaspoon of sea salt
- 1/4 cup chocolate chips
- Sprinkle of sea salt
- Drizzle of honey (optional)
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg

Directions

1. Soak dates in warm water until they are soft & sweet.
2. Place in a food processor with the rest of the ingredients.
3. Shape them into small balls and decorate them with more coconut if desired.
4. Enjoy! Store in the fridge for up to 10 days.