

# Triple Seed Protein Balls



PREP & BLEND TIME:  
5 MINUTES

ROLL TIME:  
15 MINUTES

TOTAL TIME:  
20 MINUTES

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Recipe type: Gluten Free / Dairy Free

Servings: 15 (2 Balls = 1 serving)

## Ingredients:

- 10 Pitted Medjool Dates
- ½ Cup Pumpkin Seeds
- 2 TBSP Chia Seeds
- 1 ¼ Cup Ground Flax Seed
- ½ Cup Unsweetened Sun Butter (*sunflower seed butter*)
- 1 Teaspoon Cinnamon
- 1 Teaspoon Vanilla Powder (or Pure Vanilla Extract)
- 2 TBSP Raw Honey
- ½ Cup Cacao Nibs

## Instructions:

1. Soak dates in warm water for about 5 minutes – until they soften. Just enough water to submerge dates.
2. Pour dates and soaking water into a high-speed blender (64 oz Vitamix) or regular sized food processor.
3. Add pumpkin seeds, chia seeds, flax seeds, sun butter, cinnamon, vanilla, and honey. Blend well.
4. Add in the cacao nibs and allow a few pulses (still want the nibs in whole form).
5. Roll into small 1" - 2" size balls. Place in large glass container with lid.
6. Store in fridge or freezer. Recommend storing cold a few hours before consuming.
7. Set aside at room temperature (for thawing) a few minutes before serving.
8. Keep in freezer up to 30 days. Refrigerate for up to 2 weeks.

**\*Try and use all organic ingredients if possible.**