

# Energy Balls

These are amazing! My friend Nicki Barnshaw a holistic nutritionist who is also a chef developed this recipe for the Feast of Flavours Food Festival in Ottawa in May 2011.

## Ingredients

- 2 tbsp virgin coconut oil, melted
- 3 tbsp unsweetened cocoa powder
- 2 tbsp unpasteurized honey
- 1 1/2 tsp pure vanilla extract
- 1/4 cup almond butter
- 1/4 cup finely ground sunflower seeds
- 1/4 cup hemp seeds (hemp hearts)
- 1/2 cup unsweetened and non-sulfite shredded coconut
- additional coconut and hemp (to roll the balls in)

## Method

Combine coconut oil, cocoa powder, honey, vanilla, ground sunflower seeds, and nut butter; mix well. Stir in the remaining ingredients until well-blended. Shape/roll into 3/4 inch balls and then roll in additional hemp and coconut.

Store in an air-tight container in the fridge.

Makes about 14 balls.



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