



SUPER Nut Balls

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1/2 cup almonds, ground
- 1/2 cup roasted pumpkin seeds, ground
- 1/2 cup flaxseeds, ground
- 1/3 cup all natural nut butter (I used cashew butter)
- 1/3 cup tahini (sesame butter)
- 2 Tbsp reduced sugar maple syrup
- 1 tsp cocoa powder (if desired)

Instructions

mix ingredients together in a large bowl. Mixture should be tacky but not wet. Roll into one ounce balls and store in the refrigerator. These are obviously high in fat so one 1 oz ball is a daily snack. (Other options-add protein powder, dried fruits, raisins, coconut, etc)