



Balls of Energy

Ready in 45 minutes / makes 12 servings

2 $\frac{3}{4}$ c dates, seeds removed
 $\frac{1}{2}$ c water
 $\frac{1}{3}$ cup natural peanut butter
1 cup vanilla protein powder
 $\frac{1}{4}$ cup unsweetened, unprocessed cocoa
 $\frac{1}{4}$ c ground flaxseeds
1 tsp ground cinnamon
 $\frac{1}{2}$ c ground walnuts or almonds

Calories	230
Fats	7g
Carbs	31g
Fiber	4g
Sugar	24g
Protein	15g

1. In food processor, blend dates and water. Add nut butter and blend until smooth. Add protein powder in $\frac{1}{2}$ cup increments and process. Add cocoa, flaxseeds and cinnamon and process until well blended.
2. With clean hands, gather some dough about the size of a golf ball and roll it between the palms of your hands. Keep a bowl of protein powder nearby. If dough becomes sticky, roll in protein powder to keep from sticking to your hands.
3. Roll each ball in the ground walnuts. Set each ball on a baking sheet. Place in the freezer for 2-4 hours. Serve or freeze for later.

We prefer ours spread out in bar form. To do this simply place a long layer of waxed paper, cover $\frac{1}{2}$ of baking sheet and other $\frac{1}{2}$ is hanging over end. Place dough on waxed paper and fold remainder of paper on top of dough. Press down into bars. Freeze for at least $\frac{1}{2}$ hour and cut into squares. Store in freezer.