



Isabelle's energy balls

This recipe is low glycemic and is great as a snack !



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Ingredients

- ✓ ½ cup of soft dates, medjool type, pitted
- ✓ ⅛ cup ground almond flour (grind in a coffee grinder)
- ✓ ⅛ cup of coconut flour
- ✓ 1 tablespoon of ground flaxseed (grind in a coffee grinder)
- ✓ ½ cup pecans or coarsely chopped walnuts or sunflower or pumpkin seeds or hemp seeds or goji berries (or make a mixture of several nuts and seeds)
- ✓ ½ cup grated or dehydrated coconut
- ✓ a few drops of pure vanilla
- ✓ a few drops of lemon or orange extract
- ✓ a pinch of sea salt

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Preparation

1. In a food processor or Vitamix, mix the dates, almond flour, ground flaxseed, vanilla, salt, drops of lemon or orange until it forms a paste.
2. Then add walnuts or pecans or seeds and coconut. You will get a thick, slightly sticky paste.
3. Make into balls.

Trim idea

- ✓ Sprinkle with dehydrated coconut or cocoa powder.

