

# Little tasty balls packed full of energy

Little tasty balls packed full of energy provided by the dates, which helps us to lower the added sugar and increase fibre at the same time. Great to give you a healthier boost throughout the day, by nibbling on a couple of these tasty treats!

## 🕒 Prep time

15 min

## 📈 Difficulty

● ● ● 1

## 🏠 Serving size

Makes 12

## 🔪 Equipment needed

Food processor

## Ingredients

- ✓ **70g** Pumpkin seeds
- ✓ **20g** Puffed quinoa
- ✓ **50g** Sunflower seeds
- ✓ **80g** Medjool dates, destoned
- ✓ **½ Tsp.** Ground turmeric
- ✓ **½ Tsp.** Ground cinnamon
- ✓ **1 Tsp.** Quality cocoa powder
- ✓ **1 Tsp.** Vanilla extract
- ✓ **½ Tbsp.** Honey
- ✓ **½** Orange

## Method

- 1** Blitz 40g of the pumpkin seeds into a fine dust in a food processor, then decant onto a plate.
- 2** Place the remaining pumpkin seeds and puffed quinoa in the processor with the sunflower seeds and dates, then blitz until finely chopped.
- 3** Add the ground turmeric, along with the cinnamon, cocoa powder and a pinch of sea salt. Blitz again until finely ground, then add the vanilla, honey and orange juice
- 4** Blitz for another 1 to 2 minutes, stopping to scrape down the sides a couple of times. It takes a while for the mixture to come together, so be patient and let the processor work its magic.
- 5** With wet hands, divide into 24 and roll into balls, dropping them into the pumpkin seed dust as you go. Shake to coat and enjoy!



## Chef's tips

- ✓ Keep in the fridge for up to a week! They also freeze well.
- ✓ The better quality of cocoa powder, the better energy ball.
- ✓ Make sure you use Medjool dates – the largest and sweetest, best for this!