



no more white bread

Energy Truffles

Ingredients

1 C walnuts
1 C almonds
1 C dates
1 C unsweetened coconut
¼ c unsweetened cocoa powder

2 T flaxseed or Chia seeds
2 T coconut oil
1 t sea salt
1 t vanilla extract

Directions

In a food processor fitted with a metal blade, pulse the walnuts, almonds, and dates until combined. Turn out into a bowl and add remaining ingredients. Mix well, and then form into small balls, slightly larger than a golf ball. Place on a cookie sheet lined with wax paper, and freeze. When frozen store in airtight containers.

NOTE: Truffles can be eaten right out of the freezer, as the coconut oil prevents them from freezing solid.

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