

LEMON ENERGY BALLS

Bursting with citrus flavour, these Lemon Energy balls make the perfect snack. Made with just 5 ingredients, they're gluten-free, paleo-friendly and perfect for stashing in the fridge or freezer!



Prep Time: 5 minutes **Total Time:** 5 minutes **Yield:** 14 balls

INGREDIENTS

- 1 cup medjool dates, pitted and chopped
- 1 cup almonds
- 1/2 cup pumpkin/sunflower seeds
- 2 Tbsp chia seeds
- zest and juice from a medium lemon
- 1/2 tsp vanilla extract, optional

INSTRUCTIONS

1. Put dates, nuts and seeds in a food processor and pulse several times to chop.
2. Add the lemon juice, zest and vanilla and process until mixture comes together.
3. Form into balls and store in the fridge or freezer. (I made 14 balls).

NO-BAKE PEPPERMINT CHOCOLATE BITES

These No-Bake Peppermint Chocolate Bites are simple, healthy and ready in minutes. This gluten-free recipe would make a great addition to your holiday cookie tray!



Total Time: 10 minutes **Yield:** approximately 16 balls

INGREDIENTS

- 1 cup almonds
- 1/2 cup pumpkin/sunflower seeds
- 1 cup dates, pitted and chopped
- 1/4 cup cocoa powder
- 3/4 tsp peppermint extract
- Optional coating: melted white choco or crushed nuts
- 2-4 Tbsp almond milk
- late

INSTRUCTIONS

1. Put almonds and seeds in a food processor and pulse until well chopped.
2. Add dates and pulse several times to chop.
3. Add cocoa powder, peppermint extract and milk and process until well combined. (I'd start with 2 Tbsp of milk and add more if needed).
4. Form mixture into balls. Mixture will be a little bit wet and slightly sticky.
5. Roll in crushed nuts or drizzle with white chocolate if desired.
6. Store in the fridge or freezer.

NOTES

- You can eat these straight out of the freezer if you like them super cold.
- Feel free to sub in your favourite nuts or seeds.
- If you want an even sweeter treat, sub 1 Tbsp maple syrup for 1 Tbsp milk

PUMPKIN ENERGY BALLS

These Pumpkin Energy Balls are packed with fiber, protein and healthy fats for energy. The perfect addition to a quick lunch or to serve for an afternoon snack.

- **Yield:** makes 24 balls



INGREDIENTS

- 3/4 cu pumpkin/sunflower seeds
- 3/4 cup almonds
- 1 cup chopped, pitted dates
- 1/2 cup rolled oats
- 1/4 cup hemp hearts (you could sub a few Tbsp chia seeds)
- 1/2-2/3 cup pumpkin puree
- 1-2 teaspoon cinnamon
- 1/2-1 teaspoon ginger
- 1/2 – 1 teaspoon vanilla
- mini chocolate chips, optional

INSTRUCTIONS

1. Put almonds and pepitas in a food processor and process until well ground. Transfer to a bowl.
2. Put dates, oats, hemp hearts, cinnamon and ginger in the food processor and process until well chopped.
3. Add pumpkin and pulse a few times.
4. Add nut and seed mixture and process until well mixed. You may need to use a spoon to help get everything mixed.
5. Taste and adjust if needed, adding more pumpkin and/or spices if desired.
6. Add mini chocolate chips and pulse a few times to mix.
7. Form into balls and freeze on a baking sheet. Transfer to a bag or storage container and store in the freezer.

NOTES

Mixture will be slightly sticky when forming into balls. Wet your hands lightly or freeze the mixture for a little bit to help with this if you want.

MAKE YOUR OWN ENERGY BALLS

Pick up your favourite flavour, shape, colour and be creative!

