

LOVE THY CARROT

real food made with love

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BEE POLLEN ENERGY BALLS WITH DATES AND CHIA SEEDS

S E R V E S 6 – 8

This recipe makes about 10 energy balls

I N G R E D I E N T S

1 cup walnuts or pecans, soaked at least 6 hours or overnight, rinsed well
2 tbsp bee pollen
1/2 tsp coconut oil
10 dates, (you may need more)
1 tbsp maple syrup or honey
1/4 tsp salt
1 tbsp chia gel (chia seeds soaked in water for at least an hour)
1/2 tsp vanilla
1/2 tsp cinnamon
Optional toppings: bee pollen, hemp hearts and flaked unsweetened coconut

D I R E C T I O N S

1. Soak the dates if dry. I like to soak for about 10 minutes in warm water, drain and dry well.
2. Make the chia gel by adding 1 tbsp of chia seeds to 3 tbsp of water, let sit for 10 minutes or until gel-like.
3. Put all ingredients into a food processor and process until well mixed. The mixture will start to gather around the blade, you may need to scrape off with a spatula and continue processing until well combined.
4. Transfer the mixture to a medium sized bowl and shape into balls by rolling in your hand.
5. If you like a bit more crunch then roll in bee pollen, hemp hearts or unsweetened coconut.
6. Store in the fridge or freezer until firm, then eat.

C O O K S N O T E S

Be sure to keep any unused bee pollen refrigerated or in the freezer to avoid spoilage. If you have allergies, check with your doctor before using bee pollen.
I like to keep in the freezer.