

LIME AND GINGER ENERGY BALLS



INGREDIENTS

Makes approximately 15 energy balls

2 cups (200g) of cashews

1 cup (100g) of pumpkin seeds

2 cups (200g) of pitted dates - I used normal and soaked in warm water for 30 mins

1tbsp chia seeds

5 g of fresh ginger, peeled & grated, or 2 tsp ground ginger

Juice and zest from one lime

TOPPINGS (optional)

Baobab powder or desiccated coconut

METHOD

Equipment: blender/food processor

1. In processor or coffee grinder, add cashews, pumpkin seeds and chia seeds and grind but not to a flour...leave a little bitty.
2. Place the above and drained dates, with the ginger and lime, and process until they all combine.
3. Roll into balls.
4. Toss into baobab powder or coconut if wish.
5. Store in airtight container, keep cool.