



Pumpkin Energy Balls

12 servings

25 minutes

Ingredients

1/2 cup Coconut Butter (melted)
1/2 cup Pureed Pumpkin
1 tsp Pumpkin Pie Spice
1 1/2 tsps Monk Fruit Sweetener
1/8 tsp Sea Salt

Directions

- 1 In a blender or food processor add all ingredients and process until the mixture comes together.
- 2 Remove the mixture from the blender or food processor and place in a bowl. Set the bowl in the freezer for 15 to 20 minutes. Once the mixture is set, roll into balls. Store in the fridge or freezer until ready to eat. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days.

Serving Size, One serving is equal to approximately one ball.

Coconut Butter, Ensure the coconut butter is melted, otherwise the mixture will not hold together.

No Monk Fruit Sweetener, Use maple syrup and increase the amount to taste.