



# **TAHINI ENERGY BALLS**

**MAKES 16 SERVINGS**

## **INGREDIENTS**

**3 CUPS GROUND NUTS AND SEEDS, SOAKED 8+**

**HOURS IN SALT WATER**

**1/3 CUP ORGANIC TAHINI**

**2 TSP GROUND CINNAMON**

**1/2 TSP GROUND NUTMEG**

**PINCH OF SALT**



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## **METHOD**

**RINSE SOAKED NUTS UNTIL WATER RUNS CLEAR. TRANSFER TO PRESSURE COOKER (OPTIONAL) AND SET ON BEANS/LENTILS SETTING FOR 5 MINUTES. AFTER SOAKING OR PRESSURE COOKING, TRANSFER NUTS AND SEEDS TO YOUR FOOD PROCESSOR (WHILE WARM, BUT NOT HOT) AND PULSE UNTIL FINELY CHOPPED. ADD CHOPPED NUTS AND SEEDS TO A LARGE BOWL WITH REMAINING INGREDIENTS AND MIX WELL. USING A LARGE SPOON, SCOOP THE MIXTURE AND FORM INTO 1" BALLS. DUST WITH ADDITIONAL CINNAMON, NUTMEG, CARDAMOM, ETC., IF DESIRED. STORE IN THE FRIDGE FOR 5 DAYS; KEEP EXTRA IN THE FREEZER AND MOVE UP THE FRIDGE TO THAW 1-2 DAYS BEFORE CONSUMPTION.**