Transform Your Health, Naturally.

EASY TO MAKE RECIPES

No-Bake Energy Balls

VEGAN & GLUTEN-FREE

INGREDIENTS

- 1/3 cup pecans
- 1/3 cup almonds
- 1 1/3 cups pitted dates
- 3 Tbsp coconut shredded
- 1/2 Tsp vanilla extract
- 1 Tbsp unsweetened cocoa powder
- 1-2 Tbsp milk alternative or water
- 1/2 cup coconut (shredded) for coating the balls

INSTRUCTIONS

1. Add all ingredients in a food processor and mix until everything is thoroughly crushed and combined.
2. Make small balls out of the mixture.
3. Roll the balls in shredded coconut to coat them.
4. Store leftovers in an airtight container in the fridge.

You. Healthy. Naturally.
BOUCHER NATUROPATHIC medical clinic
604.540.2873

For more information visit us at
www.boucherclinic.org

Suite 320 - 435 Columbia Street,
New Westminster BC