

no sugar added

ENERGY BALLS

INGREDIENTS

6 dates

1/4 cup walnuts

1/4 cup unsweet shredded coconut

1/2 tablespoon chia seeds

1 tablespoon cacao nibs

1 tablespoon cashew butter

Calories:

73 per piece

INSTRUCTIONS

Add in a food processor- dates (take out seeds if needed), walnuts, unsweet shredded coconut, chia seeds, cacao nibs and cashew butter. Blend until fine consistency. Scoop out in tablespoons and roll into ball shape forms. Freeze for 30 minutes. Store in freezer or fridge, enjoy!

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