



uhealth

## **Energy Balls by Jillian Keaveny**

### **Ingredients:**

- 4 pitted dates – chopped up fine
- 2 tbsp cacao nibs
- ½ cup almond butter or nut butter of choice
- 2 tbsp coconut flakes
- 1-2 tbsp honey
- 2 tbsp almond milk or water
- 1 cup oats
- 2 scoops protein power
- ½ tsp cinnamon
- 1 tbsp flaxseeds
- 1 tbsp chia seeds
- 1 tbsp hemp hearts

### **Instructions**

1. Mix wet ingredients
2. Add in dry ingredients
3. While mixing, add sprinkles of water to make appropriate sticky consistency for ball formation

