

# YUMMIEST ENERGY BALL RECIPES



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Hi there!

Here are some of my favorite energy ball recipes. Think Lara bars, chocolate truffles but packed with whole ingredients, healthy fats, superfood add-ons minus the processed sugars. An excellent pick-me-up snack and healthy sweet treat.

The basic formula is fairly simple:

nuts + seeds + nut butters + coconut oil + sweetener + (maybe oats) + superfood add-ons + the magic (like raw cacao or cacao nibs or even chocolate chips!)

Be creative and have fun with it!

Enjoy!

Mary

# Chocolate Almond Balls

1 cup almonds

2 cups pitted medjool dates

4 Tablespoons raw cacao powder

2 1/2 Tablespoons almond butter

2 Tablespoons coconut oil

- Start by pulsing almonds in the food processor until they are crushed.
- Add dates and coconut oil and mix thoroughly.
- Add almond butter and cacao and mix till you have a dough.
- Roll about 20 balls. Store in the fridge in an airtight container or even the freezer for an hour or so if you prefer a firmer consistency.
- Coat them with chopped hazelnuts (optional).



# Sesame Vanilla Balls

2 cups pitted medjool dates

1/4 cup pumpkin seeds

1/4 cup sunflower seeds

3/4 cup rolled oats

4 teaspoons vanilla powder

4 teaspoons tahini

pinch of salt

1/4 cup sesame seeds

- Mix everything in a food processor except sesame seeds until you have a sticky dough.
- Make about 20 balls and roll each one around sesame seeds until they are well coated.
- Keep in the fridge in an airtight jar.



# Goji Peanut Butter Balls

2 cups pitted medjool dates

2 cups rolled oats

4 Tablespoons coconut oil

4 Tablespoons creamy peanut butter

3/4 cup goji berries

4 teaspoons chia seeds

- Start by mixing the oats, dates and coconut oil in the food processor.
- Add peanut butter and blend.
- Add goji berries and chia seeds. Mix until you have a dough.
- Make about 20 or more balls.
- Let them harden in the freezer briefly and keep in the fridge in an airtight jar.



# Pecan Power Balls

3/4 cup ground pecans + 1/2 cup finely chopped pecans

1/2 cup ground flaxseed

4 Tablespoons chia seeds

4 Tablespoons maple syrup

1 teaspoon vanilla extract

4 Tablespoons almond butter

A large pinch of salt

- Combine and thoroughly mix together all ingredients in a food processor (except finely chopped pecans) until they form a dough.
- Make about 20 balls. Roll them in chopped pecans until they are fully coated.
- Store in the fridge in an airtight jar.



# Chocolate Maca Balls

1 cup almonds + 20ish almonds reserved

1 cup walnuts

a pinch of salt

4 Tablespoons maca powder

4 Tablespoons raw cacao powder

1/2 cup shredded coconut

2 teaspoons cinnamon

2 cups medjool dates

2 Tablespoons coconut oil

2 Tablespoons water + more if necessary

- Blend almonds, walnuts and salt in food processor.
- Add remaining ingredients. Blend again, until mixture turns into a dough. Add water if mixture is too dry.
- Make about 20 balls. Place 1 almond in the center of each ball.
- Store in the refrigerator in an airtight container.



## 5 daily health habits

1. Start the day with a glass of water
2. Eat a healthy breakfast
3. Eat at least 1 dark leafy green a day
4. Eat protein at every meal
5. Slow down, chew your food

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