

Sarah's Energy Balls

An 'After School Club Healthy Snack' Recipe

Recipe provided by Holistic Nutritionist Sarah Green

1/2 cup	Almond Butter
1/4 cup	Natural Peanut Butter
1/4 cup	Shredded Unsweetened Coconut
1/4 cup	Ground Flaxseed
3 Tbsp	Agave or Maple Syrup (or to taste)

Blend all ingredients, except Coconut, in a food mixer at high speed, stopping when needed to scrape down the sides. Once well mixed, form into 1 1/2 inch balls and roll in coconut. Keep in the freezer. Makes approximately 12 balls.

