

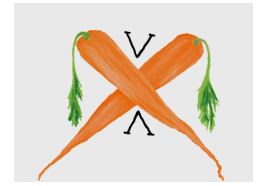
GOLDEN PISTACHIO COCONUT ENERGY BALLS



SERVINGS: 15

TOTAL TIME: 15-20 MINS

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

INGREDIENTS

1/2 cup dry roasted pistachios,
unsalted or lightly salted, shelled

1/2 cup raw sesame seeds

1/4 cup + 2 TBSP raw almond
butter

1/2 cup unsweetened, shredded
coconut flakes

6-7 medjool dates, pitted

1/2 tsp ground cinnamon

1/4 tsp ground turmeric

1 TBSP unrefined coconut oil (more
if needed for binding)

METHOD

Place all ingredients in the bowl of a food processor. Pulse together until a sticky dough-like texture begins to form and no large pistachios remain.

Test the texture by scooping out about 1 heaping TBSP of the mixture, pressing together with your palms and gently rolling into a ball. If the texture is too dry or crumbly, replace in the bowl of food processor and add 1 tsp of coconut oil at a time until balls easily form together.

This should make around 15 energy balls! You can enjoy these right away, but store in the refrigerator to increase firmness*.

NOTES:

*Energy Balls will keep in the fridge for 1-2 weeks (If you can keep them around that long!). Freeze for longer storage!

NUTRITION:

Serving Size: 1 energy ball Total Calories: 111 Total Fat: 8 g

Sodium: 13 mg Potassium: 87 mg Total Carbohydrate: 10 g

Fiber: 2 g Sugar: 7 g Protein: 2 g