



“Seed Cycle” Power Spheres Recipe

- **1 ¼ cup of Tonix Seed Cycle Protein and Fibre Powder**
 - **4 cups of pitted dates**
 - **Cinnamon to taste**
 - **Tsp of vanilla**
 - **Salt to taste**

Blend dates in food processor until chunky. Then add Powder, Cinnamon and Vanilla. Blend until fully mixed. Dump into a bowl and customize your spheres. Refrigerate for best results. Enjoy!

Feel free to experiment with this recipe and be sure to share it with us on social media @tonixseedoil.