



SEED CYCLING + QUICK + EASY

# Energy Balls

150g almond powder  
4 tbsp unsweetened cocoa powder  
1-2 tbsp vegan milk (oat)  
4 tbsp white sesame seeds  
4 tbsp sunflower seeds  
4 tbsp almond butter  
1-2 tbsp date or agave syrup  
some salt

Mix everything together in a pot  
with your hands and form small  
balls. Yummy!