



LOVE BALLS

Ingredients

- ½ cup Sunflower Seeds
- ½ cup Pumpkin Seeds
- ½ cup Sesame Seeds
- ½ cup Sesame Seed Butter (Tahini)
- ½ cup 85% Dark Chocolate, chopped
- ½ cup Organic dried cranberries or cherries
- 2 tablespoon Maple syrup

Instructions

Process the seeds in a food processor until well chopped and fine.

Add the chocolate and cranberries and pulse a few times until chopped.

Add the seeds to a bowl and add the rest of the ingredients.

Shape into walnut sized balls.

If the mixture is too sticky to roll into balls – place in the fridge until the mixture hardens a little bit. Alternatively, you could press into a baking paper lined slice tray and cut these into slices.

Recipe by Michelle Yandle