



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Hazelnut Energy Balls SERVES 10-12 balls

CATEGORY Snack PREP TIME 10 min COOK TIME _____

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

INGREDIENTS

1/2 cups	roasted hazelnuts
3 tbsp	nut butter (peanut, hazelnut, almond)
1 1/2 tbsp	cocoa powder
10 medium	medjool dates, pitted
1 tsp	pure vanilla extract
1/4 cup	cocoa powder
pinch	sea salt

DIRECTIONS

1. In a high-speed food processor or blender pulse hazelnuts until finely chopped.
2. Add the remaining the ingredients and pulse again for about 30 seconds or until dates have broken down and mixture starts to stick together.
3. Use a spoon or cookie scoop to roll mixture into balls.
4. Enjoy!

STORAGE

Can be kept in an air tight container in the refrigerator for 5-7 days.

MY NOTES
