

Energy balls

Yield: 2

In a small bowl, combine:

- 2 tsp. well-mashed soft/sweet date
(= 1 Mazafati date; it's the best type)
- 1 tsp. unsweetened peanut butter (smooth is best), (or tahini)
- 1/2 tsp. maple syrup
- 1/2 tsp. water

Dry ingredients:

In a separate small bowl, combine:

- 1 tsp. unsweetened coconut powder (or very finely chopped walnuts)
- 1 tsp. ground flax seed (or ground chia seed)
- 1 1/4 tsp. unsweetened carob powder (or unsweetened cocoa powder)
- 2 T. finely crushed Shredded Wheat (or oat bran)

Put the dry combined dry ingredients into the date mixture bowl.

Mix everything with a fork, until fairly evenly mixed.

With slightly moistened hands (to avoid the batter sticking to your fingers), squish the mixture in your palms about 6 times.

Separate the batter into 2 pieces, and form each one into a compact ball.

Can be eaten right away, or put them in fridge for about 15 min.

Store in fridge, in covered container.