

Health Butter Balls

Makes 20-25 rich and gooey balls

1 cup creamy sunflower seed butter

scant 1/4 cup honey

1 tablespoon unsweetened cocoa powder

1 teaspoon ground cinnamon

1/4 teaspoon sea salt

1/2 cup unsweetened shredded coconut

1/3 cup (packed) pitted Medjool dates, chopped (about 5 dates)

1/4 cup raw sunflower seeds

1/3 cup raw sesame seeds, chia seeds, or dried shredded coconut, **for rolling- your choice, optional**



Feel free to get creative with these, if you don't have all the ingredients, usually it will still work. You just need a sticky consistency to form into small balls.

In a high-speed blender or food processor, mix the sunflower seed butter, honey, cocoa powder, cinnamon, and salt to combine. Add shredded coconut, dates, and sunflower seeds. Process until a sticky dough forms.

Form the dough into 1 1/2-inch balls, handling them as little as possible to avoid melting the sunflower seed butter too much. Roll the balls in the sesame seeds to coat. Store in an airtight container in the refrigerator. (The balls taste best after they have had a chance to firm up in the refrigerator for several hours.)

Recipe adapted from <http://www.dailybitesblog.com>