

Blueberry & Lemon Energy Bites

Servings: 9-12 balls depending on size
Prep Time: 20 minutes
Storage: 7 days in refrigerator
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Ingredients

- ¼ cup raw unsalted pumpkin seeds
- ¼ cup dried blueberries
- ¼ cup raw walnuts
- 2 TBSP shelled hemp hearts/seeds
- 4 TBSP unsalted, unsweetened almond butter or sun butter
- 1 TBSP ground flax seed meal
- 2 teaspoons honey, maple syrup or sweetener of choice
- 2-3 drops lemon essential oil

Instructions

In a food processor, combine all ingredients. Pulse a few times until seeds are chopped up. Roll into 1-1 ½ inch balls. Store in airtight container in refrigerator for up to one week.

Adapted *Bridge Town Nutrition recipe*

CC's S.O.U.L. Food

Chef Chandra's Seasonal/Sustainable, Organic, Unprocessed, and Local Food

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