

### Power Balls

**These snacks taste great and are full of protein and healthy fat. They are so good, my son calls them “Healthy Timbits” 😊**

Grind each of the following separately in a coffee grinder or food processor:

½ cup flax seed

½ cup sunflower seed

½ cup pumpkin seed

Add

1 cup hemp hearts

1 cup cocoa

1 cup dried cranberries or other dried fruits, chopped

1 cup chopped pecans or other nuts

Add to the above and stir until blended:

1 cup Almond Butter

1 cup honey

1 tsp vanilla

Blend and form into a large ball. Allow to rest in refrigerator at least ½ hour before making into balls and roll in finely chopped nuts (pecans, almonds, etc).  
Enjoy!