

Energy Ball Using Opti-GHI

Vegan, gluten-free, grain-free, nut-free, refined sugar-free

Ingredients:

6 tablespoons almond butter & cashew butter
4 tablespoons of coconut oil
Assortment of dried fruit and/or nuts
5-6 large scoops of Opti-GHI
1 cup non-dairy milk

Directions:

1. In a large mixing bowl, combine 6 heaping tablespoons of almond butter and cashew butter (or organic peanut butter for kids). Add 4 tablespoons of virgin coconut oil and stir well.
2. Add in whatever amounts you prefer of some or all of the following: yellow raisins, cranberries, dried cut up apricots, carob chips, chopped pecans, walnuts, or almonds. In the recipe I had, I also ground flax seeds with pumpkin seeds.
3. Add 5-6 large scoops of one of combination of the following: Opti-cleanse GHI, Opti-cleanse Plus, or Veggie Fit Food in any flavor that appeals to you. They can be all chocolate or all vanilla or chai or a combination.
4. Slowly add some liquid to dissolve the powder using non-dairy milk such as almond, coconut, hemp, or soy, just enough to mix nicely but still retain moisture.
5. With your hands slightly damp, roll this mixture into individual balls. Then roll each ball into shredded coconut on a flat surface.
6. Put the balls into a Tupperware container with a lid and refrigerate them.
They can also be frozen and taken out at another time.
7. Assemble the burgers on the buns with lettuce and serve