**Energy Balls**

These energy balls are a great alternative to shop bought energy bars which are full of undesirable ingredients. The 3 basic ingredients of these balls provide excellent sustenance between meals to provide that extra boost when your energy levels are lagging

Makes 9 balls

**Ingredients**

1 cup pitted dates (about 18 dates)

1 cup mixed nuts or seeds (or a combination of both)

½ cup unsweetened desiccated coconut

¼ cup unsweetened cacao powder or carob powder (optional)

1 tsp pure vanilla powder (optional)

**Instructions**

Place all the ingredients in a blender and process until everything is finely chopped and clumped together. If the mixture is too dry to blend, add some filtered water to allow the ingredients to mix together in the blender.

When thoroughly mixed, form into balls with your hands and place in the freezer or fridge. You can eat them straight away but they are best eaten when chilled.