

# Aspire, Perspire, Nourish Yourself

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**Mary Sherriff**

Holistic Nutritionist, Celluderm® Therapist

416 616 3466

[www.foryourhealthnutrition.com](http://www.foryourhealthnutrition.com)

[foryourhealth@rogers.com](mailto:foryourhealth@rogers.com)

## DATE NUT BALLS

Makes 12 balls

### Ingredients:

3/4 cups raw pumpkin seeds, coarsely ground

1 1/4 cups unsweetened dried dates, chopped

2 tbsp. cocoa

1 tsp. vanilla

### Directions:

1. Place all ingredients in a food processor
2. Process until they form a ball (about 5 minutes)
3. Using hands, form mixture into balls
4. Optional: roll in shaved unsweetened coconut, or cocoa or ground sesame seeds
5. Refrigerate at least 1 hour

### Variations:

Instead of pumpkins use almonds, sunflower seeds, walnuts, sesame seeds or a combination

Instead of cocoa use coffee substitute, unsweetened coconut