

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Blueberry Chocolate Chip Muffin Energy Balls

From www.paleomg.com

1 cup raw cashew butter
1 cup unsweetened shredded coconut
8 pitted dates
3 Tbsp maple syrup
2 Tbsp flaxseed meal
2 Tbsp ground chia seeds
1 tsp almond extract
¼ tsp cinnamon
¼ cup Enjoy Life mini chocolate chips
¼ cup dried blueberries

1. Place all ingredients in a food processor (except for the chocolate chips and blueberries) and pulse until completely combined.
2. Next, fold in the chocolate chips and dried blueberries until combined. Place in the fridge to firm up for about 30 minutes.
3. Use a cookie scoop to scoop mixture then press mixture firmly in the cookie scoop. Remove, and then form ball with hands. Repeat until all the mixture is gone, about 14-15 energy balls.
4. Store in the fridge until serving.