

Plant Power Balls

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

Ingredients:

- 1 cup raw cashews
- 10 medjool dates, pitted and soaked for 30 minutes in hot water
- 1 cup oat flakes or old-fashioned rolled oats
- 1/2 cup unsweetened shredded coconut
- 1 scoop Greens+ Multi, Berry Flavour*
- Zest and juice from 1 lemon
- 1/4 cup dried sour cherries, blueberries or raisins

Instructions:

1. Discard date soaking water. Combine all ingredients into a food processor and blitz until crumbly. Check the sticking power by rolling one into a ball. Feel free to add a splash of water or another medjool date if it's not sticking.
2. Roll into balls. Freeze for up to 3 months or refrigerate for up to 2 weeks.

Notes:

*If you don't have Greens+ or you're making this for a young child you can use Organic Gut Superfoods instead. If you don't have either, you can simply omit it because the recipe still works.