



Breakfast Recipe: The Power Ball

Ingredients

- 1 cup almonds
- 2 cups of dates
- 2 tablespoons almond butter
- coconut flakes
- ½ cup Pumpkin Seeds
- ½ cup Sunflower Seeds
- ½ cup Chia Seeds

Power Ball Recipe

1. Soak dates in a water for 10 minutes.
2. After they are finished being soaked, put them in a food processor with the almonds, pumpkin seeds, sunflower seeds and chia seeds.
3. Blend for one minute until the mixture becomes like mush.
4. Put the mixture in a container.
5. Add in 2 tablespoons of almond butter and mix well.
6. Make the balls.
7. Roll each ball in coconut flakes until they are covered.