

# Summertime COCONUT sunflower energy balls

Recipe by Mer's Mom



## INGREDIENTS:

- 1/2 cup sunflower seed butter
- 2 Tablespoons *Cocovie Naturals* pure virgin coconut oil
- 1/2 cup unsweetened applesauce
- 1/4 cup *Cocovie Naturals* coconut flour
- 1/4 cup *Cocovie Naturals* coconut sugar
- 1/2 teaspoon ceylon cinnamon
- 1 pinch Himalayan pink sea salt (optional)
- 1/2 cup raw unsalted sunflower seeds
- 1/2 cup unsweetened sulphite free raisins
- 1/4 cup unsweetened coconut
- Don't forget extra sunflower seeds for rolling!

## DIRECTIONS:

1. Combine the first 3 ingredients (sunflower seed butter, coconut oil, and apple sauce) in a food processor using the s-blade until smooth.
2. Add the flour, coconut sugar, cinnamon and salt. Blend.
3. Add the remaining ingredients. (sunflower seeds, raisins and coconut) Pulse to combine.
4. Roll into 1-inch balls. Finish by rolling in sunflower seeds.
5. Freeze until ready to serve.

*Summer time means stunning fields of bright yellow sunflowers! Not only are they gorgeous inside the home, sunflowers are inside body goodness!*

*Sunflower seeds, preferably raw, are holistic happiness! They are a portable healthy snack! High in protein and healthy fat, they easily curb hunger while offering huge health benefits.*

## Nutritional Information Per 24 Servings:

92.7 Calories  
6.6 g Total Fat  
2.1 g Saturated Fat  
3.2 g Polyunsaturated Fat  
9 g Monounsaturated Fat  
0.0 mg Cholesterol  
0.9 mg Sodium  
66.6 mg Potassium  
7.6 Total Carbohydrates  
0.8 Dietary Fiber  
4.0 Sugars

