

Super Seed Balls Recipe

Super Seed balls with a touch of the tropic are gluten-free, nut-free and vegan!

Sunflower seeds are spotlight worthy. Swap nut butter for sensational seeds on toast, smoothies, celery sticks and apple slices. Stocked with protein, a serving promotes satiety and ultimately weight loss by helping stabilize blood sugar. For starters, sunflower seeds are high in manganese, magnesium and vitamin E. Splendid sunflower seeds help reduce C-reactive protein (CRP), a key chemical involved in inflammation. They are a surefire way to boost daily fiber intake, helping increase transit time and eliminate LDL.

INGREDIENTS:

- 1 cup Quinoa flakes
- 1 cup Shredded coconut
- ½ cup Medjool dates
- 1 cup Raw sunflower seeds
- ¼ cup Ground flax meal
- ½ tsp Himalayan pink salt
- 1 cup chocolate sunflower seed butter
- ½ coconut oil melted
- 2 scoops of your favorite chocolate plant-based protein powder

Health Profile per Powerball:

Recipe Makes 30

- Calories 190
- 14.5 grams healthy fats
- 12.4 grams of energizing carbohydrates
- 2.7 grams good gut fiber
- 5 grams plant-based protein

*Percent Daily Values based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

DIRECTIONS:

1. Pulse all ingredients (except sunflower seed butter and melted coconut oil) until well blended.
2. Stir in seed butter and melted coconut oil.
3. Mix until well blended.
4. Shape into small bite-sized balls.
5. Leave in the freezer or fridge for easy make ahead on-the-go energy!

**They defrost quickly at room temperature.*



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