

## Heather Parkinson C.H.N.C

### Nuts and Seeds To Go Balls

Heather Parkinson C.H.N.C  
(yield 9 balls)

#### Ingredients:

1/4 cup Raw Walnuts  
1/4 cup Raw Cashews  
1/4 cup slivered Raw Almonds  
1/4 cup Raw Sesame seeds  
1/4 cup Raw Pumpkin seeds  
2 Tbsp Raw Cacao  
2 Tbsp dried Cherries (I like golden, but regular is fine)  
2 Tbsp Coconut oil, melted  
1 Tbsp ground Flax seeds  
5 Medjool dates, pitted  
1/2 tsp Cinnamon  
1/4 tsp Salt

#### Instructions:

1. Place all ingredients into a food processor and process until sandy looking.
2. Using a cookie scoop, scoop 2 Tbsp of mixture into your hand, squish together and gently roll into a ball. Continue until mixture is finished.