

Autumn Protein Balls (GF, V)

Makes 10-12 balls

10 pitted Dates

½ cup Pumpkin Seeds

½ cup Rolled Oats (omit for grain free option)

2 TBL Chia Seeds

1 tea Pumpkin Pie Spice

½ cup shredded Coconut (increase this to 1 cup if omitting oats)

Soak dates for 5 minutes with just enough warm water to cover. Pour dates with soaking liquid in a high-speed blender. Add the pumpkin seeds, oats, chia seeds and pumpkin pie spice. Blend well and scoop into balls. Roll each ball in shredded coconut. Store in an airtight container in the refrigerator for up to two weeks.

