

## Energy Balls with Peanuts and Cherries (Copy)

This energy balls recipe could not be simpler to put together, yet it makes healthy snacking so much quicker, easier and healthier! They've got a ton of fiber, protein and healthy fats with no added sugars, artificial sweeteners or gluten!

🕒 Preparation 2 hours and 10 minutes ● Total 2 hours and 10 minutes 19.8 balls

### Ingredients

or	or
1 cup dry roasted lightly seasoned peanuts	1/4 cup natural peanut butter
or	or
1 1/4 cup dates roughly chopped	2 tsp ground flax seeds
or	or
1/4 cup dried cherries (Unsweetened)	1/2 cup of freeze Dried Cherries

### Cooking method

1

Add everything to a food processor and pulse until smooth and sticky.

2

Roll into 20 balls, set on a baking sheet lined with parchment paper and freeze for an hour before transferring to a freezer bag or container. Store in the freezer or fridge and pull a few out at a time for a quick snack.