



Krishna's "Energy" Balls

A great treat for during the day when you feel hungry. It has protein, fat and fibre. Great as a recovery snack after you exercise or anytime you want to rebalance your blood sugar. Don't eat too many they are very rich.

16-20 balls

4 tablespoons shredded coconut

4 Tb Sun Warrior Protein Powder or other protein powder

1/4 teaspoon liquid stevia

1 tsp vanilla extract

1 teaspoon cinnamon

2 tablespoons hemp seeds

1/2 cup sunflower seeds

1 Tb maca

1/4 cup ground flax seeds

2 tablespoons coconut oil

1/2 cup almond butter

1/4 cup water or enough to blend

Optional:

honey to taste (1-2 tablespoons)

Process all in a food processor fitted with an S blade adding water as needed to make it somewhat smooth.

Roll into balls and then roll in shredded coconut flakes.

Refrigerate until firm.

The name of this dish is inspired by this shrine called **Krishna's Butter Ball in Mamallapuram, India.** I am having a peaceful moment here

