

Powerballs rolled in Sesame Seeds

Ingredients

- 1 c dried (no sugar added) apricots
- 1 c dried, pitted (no sugar added) dates
- 1 c raw sunflower seeds
- 1 c raw pumpkin seeds
- 1 c flaxseed
- 4 c plain brown rice cakes (spelt works too)
- 1 c rolled oats (not instant)
- 1 c + 1 T. agave nector
- 1 c almond butter- can use sunflower seed butter
- sesame seeds
- Dash of salt (I prefer sea or celtic salt)

Directions

- 1- Mix all dried fruit & seeds (except sesame seeds) until crumbly
- 2- Add remaining ingredients & process or blend in a blender until even consistency
- 3- Scoop out and roll into ball- roll ball in sesame seeds
- 4- Cover and refrigerate.

May also be stored frozen.