

Nut Butter Amaze Balls

- 3/4 C rolled oats or rolled spelt
- 1/2 C raw sunflower seeds or chopped raw almonds
- 1/4 C hemp hearts
- 1 C all natural peanut butter or raw almond butter
- 10 Medjool dates (if these are dry, soak for 1 minute in hot water and drain for 3-5 minutes)
- 1 Tbsp coconut oil
- Himalayan sea salt
- Cacao nibs
- 1/2 C Sunspire chocolate chips (these are the healthiest and most delicious.... I get mine at vitacost.com) *also at Whole Foods

Place your rolled oats or spelt, sunflowers or almonds, and a pinch of Himalayan salt in a cast iron skillet on low/medium heat. Stir constantly until very lightly toasted. Add your hemp hearts and continue toasting and turning with a wooden spatula until they are perfectly toasted. Remove from the pan when they are perfect, and spread them on a plate so they do not continue to toast, as they have a tendency to burn easily at this stage.

Place dates, nut butter of your choice and your coconut oil in a food processor. Blend until the dates are well mixed in, with only small bits remaining. Add the toasted nut and rolled oats/spelt mixture and pulse until blended.

Roll into balls. If the mixture is too dry when you press firmly, you can wet your hands before rolling a ball and this will help the mixture stick.

In the meantime, melt your chocolate chips. I prefer to place the chips in a small stainless steel bowl and set it on top of a pan with simmering water. This way, I make sure not to overcook the chocolate, and can keep it soft.

Dip the tops of the balls in the melted chocolate and place on a plate. Sprinkle just a few cacao nibs on the top of the ball, and an itty bit more salt and you've got some amazing Amaze-Balls.