

CRANBERRY PUMPKIN SEED ENERGY BALLS

(NUT FREE)



INGREDIENTS

1 cup roasted pepitas (pumpkin seeds)

1 cup pitted dates, soaked in warm water for about 10 minutes then drained

¼-1/3 cup dried cranberries

Optional: ½ tsp ground ginger for a little kick

INSTRUCTIONS

Pulse pumpkin seeds in food processor until broken down

Add softened dates, dried cranberries and ginger (if using) to food processor and process until everything comes together

Break off pieces of the 'dough' and roll into balls

I made mine small enough to form 10 balls but any size is fine

You can eat them right away, but they will be soft. If you prefer them a little firmer, refrigerate for at least 30 minutes or overnight

Store in an airtight container in the fridge or freezer for up to 2 weeks.