

Energy Balls Ingredients list - I try and use everything organic and in bulk. Organic ingredients purchased in bulk are reasonably priced. NOTE #1 - This is kind of a mad scientist's recipe and ingredients can change in additions or amounts or vary. We all have different food combos we like so do not be afraid. Create your own mix just for the health of it.

Dry ingredients and approximate ratios

- Oatmeal - 1 cup
- Flax seeds - 1/2 cup
- Sesame seeds - 1/4 cup
- Chia seeds - 2 tablespoons
- Toasted soybeans - 1/2 cup
- Sunflower seeds - 1/3 cup

Nuts - I use a roasted nut mix that has the following: A total of a cup (total combined) of these or so.

- Almonds
- Brazil nuts
- Cashews
- Walnuts
- Filberts
- Pecans
- Pistachios

All nuts have their own nutritional value of essential amino acids, micronutrients and minerals - Buy extra nuts that you like to put in mix - I add extra brazil nuts, pistachios and almonds for their special health benefits!

COCOA POWDER AKA CHOCOLATE! - I use a 1/2 cup of organic cocoa powder or the mini chocolate chips (which does add sugar which I mostly avoid now) available in bulk at most WHOLE FOODS, NATURAL GROCERS or the health food sections in bigger grocery stores.

"Wet" ingredients for glue

- Crunchy peanut butter - My favorite is Santa Cruz Organic - fabulous (another great snack is eating dates with this peanut butter - yum! - 2/3 cup or so(Available also at Walmart under the Smucker's brand - same company, same good PB)
- Raw Honey - 1/2 cup plus
- Vanilla - Tablespoon
- Raisins 2/3 cup
- Coconut oil
- Sesame tahini
- I have added dried blueberries, tart cherries, and cranberries -
- If I need a little more oil I usually add sunflower oil that I use for cooking or organic coconut oil is healthy too!!

BEST RESULTS FOR MIXING - I have an old fashioned hand nut grinder to reduce the size of the nuts before I use my blenders. I use a small Cuisinart blender/coffee grinder to grind everything that is not wet. I also use my MAGIC BULLET blender. The oatmeal, flax and chia