

# DYI: Eleuthero Energy Balls

Try this simple recipe, and treat yourself to a yummy energy boost during the day. A great snack for anytime!

Makes about 20 balls.

## INGREDIENTS

- ½ cup dates
- 1 cup oats
- ½ cup cacao
- ½ tsp salt
- ½ cup almond butter
- ¼ cup honey
- ¼ cup hemp seeds or hearts
- 3 tbsp of Eleuthero Powder

## DIRECTIONS

- 1 Add ingredients to a food processor
- 2 Make balls in your hand
- 3 Place in fridge