



NSK Cinnamon Ginger Energy Balls

12 servings

15 minutes

Ingredients

3/4 cup Pitted Dates
1/2 cup Almonds (raw)
1/4 cup Cashews (raw)
1/2 tsp Cinnamon (ground)
1/4 tsp Ground Ginger
1/2 tsp Vanilla Extract
1/4 tsp Sea Salt

Directions

- 1 Add the dates, almonds, cashews, cinnamon, ginger, vanilla and sea salt to a food processor and process until well mixed and sticky.
- 2 Transfer to a medium-size mixing bowl. Form into even balls with your hands. Store in the fridge or freezer. Enjoy!

Notes

Prep Hacks, Make ahead and store in an airtight container in the fridge up to one week. Store in the freezer for longer.

Foods that Heal, Cinnamon stabilizes blood sugar is well-known for it's anti-diabetic effects.