

## **Pumpkin Energy Balls**

- 1/2 cup pumpkin seeds (shelled)
- 1/2 cup sunflower seeds
- 1 tbsp. chia seeds
- 1/2 cup raw almonds
- 1/2 cup pumpkin puree
- 1 cup chopped & pitted dates
- 1/2 cup rolled oats
- 1 tsp. cinnamon
- 1/2 tsp. ginger

Put the nuts and seeds in a food processor or high-powered blender and pulse several times to chop. Pour into a bowl and set aside. Put the remaining ingredients in the food processor and process to chop and mix well. Add the nut mixture and pulse several times until well combined. Scoop mixture onto large piece of plastic wrap. Wrap up and squeeze to form large ball. Freeze for 30-60 minutes. Remove from freezer and roll into bite-sized balls. Store in freezer