



AMAZE-BALLS

INGREDIENTS

- 1 cup natural raw almonds, chopped
- 1 ½ cups raw walnuts, chopped
- 1 teaspoon salt
- 1 cup dried figs, chopped
- ½ cup of dried dates, chopped
- 1 ½ cups pitted prunes or dried plums, chopped
- 1 cup dried apple, chopped
- 1 teaspoon flaxseed oil
- ¼ cup white chia seeds

INSTRUCTIONS

- 1) Overnight, activate the walnuts and almonds by covering them with water and the salt.
- 2) Strain the water and dry them for 10-12 hours on a paper lined tray.
- 3) Once nuts have dried out, place all ingredients except the chia seeds in a food processor and blend until smooth and well combined.
- 4) Using clean hands roll the mixture into golf ball sized truffles. Roll each ball into chia seeds and set in the fridge for 2-3 hours. Store in an airtight container in the fridge for up to 2 weeks.