

PUMPKIN NUT BALLS

From: Nancy DiCarlo

1 C raw almonds

1 C raw pumpkin seeds

Use food processor to chop (small chop, not too fine)

Add

1 C pumpkin

6 dates, halved and pitted

1 tblsp almond butter

1tsp Cinnamon

1 tsp cloves

1 Tblsp oil (coconut, grapeseed or light olive oil)

Food process until well mixed and slightly firm.

Form balls and roll in coconut

Balls can be frozen

This recipe can be used for any combination of raw nuts, and seeds. Adjust consistency by adding more nuts if necessary