

Love Balls

Prep Time: 5 | **Total Time:** 10 | **Yield:** 10

Ingredients

1/2 cup sunflower seeds

1/2 cup pumpkin seeds

1/2 cup sesame seeds

1/2 cup tahini (I love Vigour and Vitality!)

1/4 cup chopped 85% dark chocolate

1/4 cup organic dried cranberries

2 Tbsp maple syrup (or to taste)

Method

Process the seeds in a food processor until well chopped and fine.

Add the chocolate and cranberries and pulse a few times until chopped.

Add the seeds to a bowl and add the rest of the ingredients.

Shape into walnut sized balls.

If the mixture is too sticky to roll into balls - place in the fridge until it hardens a little bit.