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Recipe of the Month

November:

Coco-Cranberry Energy Balls

This is a variation on my usual recipe for energy balls. The chocolaty-cranberry flavours are satisfyingly festive for the winter holidays! Great to eat one or two of these at a time, as part of a bagged lunch, as a pre-workout or after-school snack, or even served at parties as a healthy dessert. High in omega fats, protein, and fibre. Vegan and gluten-free. If coconut is a problem, try replacing it with hemp seeds. Makes 15-20 balls.

Ingredients:

¾ cup crunchy sunflower seed butter

¾ cup organic dried cranberries (no sulphites)

2 Tbsp. organic cocoa powder powder

¾ tsp. pure vanilla extract

2 Tbsp. white chia seeds

3 Tbsp. shredded coconut + more for rolling

Directions:

In a food processor, combine all ingredients. Blend until partially smooth with some little chunks (of seeds, fruit, etc.); mixture should be sticky but not runny.

Spread extra coconut onto a flat surface, such as a plate.

Using an ice cream scoop, form mixture into balls (approx. 1 to 2 inches in size as desired) and roll in coconut to coat.

Place balls in a baking pan or glass/Pyrex casserole dish and cover. Refrigerate for 2-3 hours before serving. They tend to soften again away from the fridge, so if you intend to bring them in your lunch or gym bag for later, put them in a small Pyrex container to avoid squishing them.

Enjoy!

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