



NUTRITION CONSULTING INC.

## Nutty Chocoholic Balls

### Makes 40 balls

The dietitians of Health Stand Nutrition rank this as one of our favorite afternoon snacks at the office! We keep extras in the freezer for a boost of energy, protein and heart healthy fats.

This recipe was adapted from the energy balls recipe from the cookbook *Whitewater Cooks at Home* by Shelley Adams [www.whitewatercooks.com](http://www.whitewatercooks.com).

### What you need:

- 1 cup hemp hearts (or ground flax seeds, chia seeds or sesame seeds)
- 1 cup shelled toasted sunflower seeds (or crushed nuts)
- 1 cup rolled oats
- 1 cup semi-sweet chocolate chips
- 1/2 cup unsweetened cocoa powder
- 2 cups peanut butter (or other nut butter softened by heating slightly)
- 1/2 cup honey (heated slightly to liquify)
- 2 cups dried fruit (such as dried cranberries/raisins/cherries/blueberries or diced figs/dates/apricots/prunes)

For coating: 1 cup hemp hearts (or coconut)

### How you prepare:

In a large bowl combine all of the above ingredients except the final 1 cup hemp hearts or coconut for coating. Form into small round balls (approximately 1/8 cup sized) and roll in hemp heart or coconut coating. These freeze well!



### Nutrition Facts

Serving Size 1 item (42.76g)  
Servings Per Container 40

#### Amount Per Serving

Calories 210    Calories from Fat 120

% Daily Value\*

**Total Fat** 14g    22%

Saturated Fat 3g    15%

Trans Fat 0g

**Cholesterol** 0mg    0%

**Sodium** 60mg    3%

**Total Carbohydrate** 18g    6%

Dietary Fiber 2g    8%

Sugars 11g

Protein 7g

Vitamin A 0%    •    Vitamin C 0%

Calcium 0%    •    Iron 15%

\* Percent Daily Values are based on a 2,000 calorie diet.

Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit [www.healthstandnutrition.com](http://www.healthstandnutrition.com). Twitter @chocoholicRD

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