

# Bliss Balls

*30 minutes*

These energy packed bliss balls are a perfect snack to throw into your backpack for a hike, or in your office drawer for your midday chocolate craving! This is a healthy snack packed with protein and calcium. A power bar won't taste the same after you get hooked onto this "bliss".

## INGREDIENTS:

1/2 c tahini butter  
3/4 c almond butter  
1/3 c agave  
1/4 c cocoa powder  
1/4 c raw pumpkin seeds  
1/2 c raw sesame seeds  
3/4 c sunflower seeds  
1/2 c shredded coconut, unsweetened  
1/4 c raisins

additional 1/2 c shredded coconut, unsweetened for rolling

## DIRECTIONS:

In a medium sized mixing bowl, combine the tahini, almond butter, agave and cocoa powder. Add the sesame seeds, sunflower seeds, coconut and raisins. Mix well and form into small balls by hand. Roll the balls in a small amount of coconut. Place them on a cookie sheet and put into the fridge for 20 minutes. Makes up to 40 balls.