

Pumpkin Ginger Energy Balls

Ingredients

3/4 cup pumpkin puree (organic canned pumpkin is great too)

1/3 cup golden flax

1/2 cup coconut oil

1 tsp cinnamon

1 tsp ground ginger

1/2 tsp nutmeg

1/4 tsp sea salt

1/3 teaspoon stevia or 1 tsp raw filtered honey

*You can go no sweetener too if you want to ditch the sweetness

Directions

Mix all the ingredients in a large bowl.

Put in the freezer for 30 minutes to set.

Roll into balls and store in the refrigerator.

Wait one hour to set and then enjoy!

*These will last for 1-2 weeks in the freezer if you can resist that long

