



## Flax Snackers

$\frac{1}{2}$  cup nut butter  
 $\frac{1}{2}$  cup **Natunola® health's delight**  
**Shelled Flax Kernel**  
 $\frac{1}{2}$  cup sesame seeds  
 $\frac{1}{2}$  cup sunflower seeds  
 $\frac{1}{3}$  to  $\frac{1}{2}$  cup honey  
 $\frac{1}{2}$  cup unsweetened carob powder (or  
cocoa powder)  
 $\frac{1}{4}$  cup **Natunola® health's delight**  
**Shelled Flax Meal**  
 $\frac{1}{4}$  cup unsweetened coconut



Insert metal blade into the bottom of your food processor. Add ingredients one at a time and blend until mixture forms a ball. Pinch off small amounts and form into bite sized balls.

To decorate, roll balls in Natunola® health's delight Shelled Flax Kernel or coconut. Place in an airtight container and refrigerate.

Note: If you don't have a food processor, simply combine all ingredients in a large bowl and stir until mixture is well blended.

Optional Ingredients: ground pumpkin seeds, almonds, cashews, finely chopped dates, raisins, a drop of vanilla, or a pinch of cinnamon. Choose seeds that are raw, unsalted and not roasted.

Yields 40 servings.

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