

# Linseed Energy Balls

140g Ground linseed

50g coconut oil

80g dates, diced

40g dried apricots diced  
very small

35g sunflower seeds

35g ground almonds

3/4 tsp ground ginger

3/4 tsp mix ground spice

1/4 tsp ground cardamom

1 tbs runny honey

3 tbs buckwheat flour

juice of one small orange

**Contains:** Omega 3,  
complex carbohydrates,  
amino acids, magnesium (and  
lots of other healthy  
nutrients)



Place ground linseed and  
spices in a mixing bowl.

Put dates, apricots and  
sunflower seeds in a food  
processor and whiz until  
coarsely ground.

Warm coconut oil and  
honey in a small pan and  
add orange juice. When  
hot add buckwheat flour,  
stir, then remove from heat  
and add to the other  
ingredients.

Mix well. Then shape into  
balls about the size of  
walnuts or smaller. Leave to  
cool. Store in the fridge for  
up to one month.

Ideal as a mid-morning or  
afternoon snack or  
whenever you have a  
sweet tooth.

