

CHOCOLATE SPIRULINA ENERGY BALLS

Supercharged with spirulina's immune-boosting phytonutrients, essential minerals, vitamins, antioxidants, **and anti-inflammatory properties. Just in time for St. Patrick's Day!**



WHAT DOES SPIRULINA CONTAIN?

- Between 55% - 70% protein
- Rich in vitamins A, B1, B2, B6, E and K
- Number 1 food source of chlorophyll
- 18 amino acids
- 8 times more anti-oxidants than blueberries
- 3 times more protein than meat
- 6 times more protein than eggs
- 25 times more beta-carotene than carrots

- 26 times more calcium than milk
- 4 times more iron than raw beef liver
- 50 times more iron than spinach
- 10 times more potassium than most fruits and vegetables
- More antioxidants in a single teaspoon of Spirulina than any food known to man
- **INGREDIENTS FOR MAKING SPIRULINA ENERGY SPIRULINA POWDER CAN BE ADDED TO YOGURTS, SMOOTHIES, JUICES, COOKIES, BREAD, AND CAKES.**

INGREDIENTS FOR MAKING SPIRULINA ENERGY BALLS

This recipe is a nutritional powerhouse of superfoods:

- Spirulina
- Dates
- Raisins
- Cashews
- Pumpkin seeds
- Goji berries
- Coconut
- Chia seeds
- Cacao
- Spirulina
- Cinnamon

- Lime
- Orange

Imagine the good nutrition you are providing your body by eating these ingredients regularly. Not only are they super healthy... they taste delicious. The cacao and orange balance the flavor of spirulina perfectly.

QUICK & EASY TO MAKE

These energy balls are really simple to make:

- Pulse the cashews in a blender until coarsely ground
- Juice the lime and zest the orange
- Add the remaining ingredients to the blender for 20 seconds until the mix comes together.
- Roll into nice bite-sized balls
- Roll them in some extra spirulina or raw cacao powder or shredded coconut, matcha powder favorite seeds or nuts
- Pop them in the fridge to firm up and you are good to go

I recommend making a weekly batch of spirulina energy balls. Keep them in the fridge and snack throughout the day, or take some with you when you are out and about.

These make a great on-the-go snack to keep you going in between meals. Not only are they delicious and nutritious, but they are also easy to make. No cooking experience is required!

Credit to by [Jamie Raftery](#) The Holistic Chef

Also found www.LookingGlassNaturalHealth.com under recipes