

## **PUMPKIN PIE PROTEIN BALLS**

*Serves 12-15 balls*

### **INGREDIENTS**

- ½ cup canned pumpkin
- 5 dates
- ¼ cup oats
- ¼ cup ground flaxseed
- ¼ cup almond butter
- ¼ cup pecans or walnuts
- 2 Tbls. pumpkin pie spice
- 1 tsp. coconut nectar



### **INSTRUCTIONS**

1. Pulse all ingredients in a food processor until well mixed.
2. Use your hands to roll into bite-size balls.
3. Refrigerate 2 weeks or freeze 3 months.