Coco- nut snack ball recipe:

1/2 cup each

-Almonds

-Walnuts

-Pecans

-Hazelnuts

-Pumpkin seeds

-3-6 dates

Mix in food processor until ground up well.

Add 4 tbs. coconut oil.

Sprinkle of cocoa powder, ground coffee, shredded coconut then mix and form into balls a bit smaller than a walnut.

Refrigerate to keep firm - have 1 for a morning snack.