

Tropical Energy Balls

Courtesy of: www.thebetterhomelife.com

Ingredients:

- 2/3 cup diced unsweetened dried mango
- 1/2 cup diced unsweetened dried pineapple
- 6 dates, pitted and diced
- 1/4 cup unsweetened coconut flakes
- 1 cup rolled oats
- 30 macadamia nuts
- 1/4 cup flax seeds
- 2 tablespoons chia seeds
- 2 tablespoons lime juice, or tropical juice of your choice
- Lime zest to taste (optional)

Directions:

Place the dried fruits and 1/4 cup of the oats into a food processor. Pulse until well processed. If it clumps together, break up the clumps and add the macadamia nuts. Pulse again until evenly processed. Add the seeds and pulse again until well blended. Add the remaining oats and zest if desired pulse until evenly mixed. Finally add the juice, and pulse until it starts to clump.

Remove from the food processor and roll into one inch balls. Refrigerate for at least one hour before serving.