

Rice Puff and Date Balls

Ingredients

- 10 fresh dates
- 1 cup almond meal
- ½ cup raisins or goji berries
- ½ cup sunflower seeds
- 1 ½ cups Good Morning Rice Puffs

Method

1. Use a food processor to process dates and almond meal.
2. Transfer to a bowl and mix in the raisins and sunflower seeds.
3. Gently mix in the Rice puffs and roll into ball shapes.
4. Store in the refrigerator.

Total prep time 30 minutes.



**A great on-the-go energy snack,
perfect for lunch boxes**