

Raw Coconut Ginger Bites

9 medjool dates, pitted
1 ½ C. coconut flakes
½ C. pumpkin seeds
2 t. ginger powder
1 t. cinnamon powder
1 t. kelp powder
1 - 2 t. black strap molasses

Place all ingredients in a food processor and mix for 3-5 minutes. The texture should be loose, but moist enough to press firmly into a ball. Take a 1 teaspoon size spoon and scoop individual portions. Press firmly and roll into a ball. Makes about 20 balls.

This treat is nutrient rich and the ginger and cinnamon mask the fishy flavor of kelp. You can also switch out the kelp for spirulina. Enjoy!

Recipe by Kelly Pomeroy