

# Pack-A-Punch

## SNACK BALLS RECIPE

Recipe by Dr Sandra Cabot and Louise Belle BHSc (Nut Med)  
For more healthy recipes visit: [www.cabothhealth.com.au](http://www.cabothhealth.com.au)



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Serves:	Makes 30 balls
Ingredients:	5
Serving size:	1 ball
Total calories:	71
Carbohydrates:	2 g
Fat:	6 g
Protein:	2 g



CABOT HEALTH  
Ocean Superfood Pure Australian Kelp

### INGREDIENTS

- ½ cup Ocean Superfood Kelp
- 1/3 cup chia seeds
- ½ cup unhulled tahini
- ½ cup ABC nut paste
- 1-2 tbsp Australian honey



### METHOD

1. Add all ingredients to a bowl and mix well. Allow mixture to rest for half an hour.
2. Roll 1 tbsp of mixture at a time into balls and transfer to the freezer to set.

Note: These balls will melt at room temperature. Keep in freezer.