



## Booster Green Barely Ball

Recipe by: Tiina Lemmik

Prep time: 10 mins

Makes: 18 balls

### Ingredients

1 1/2 tablespoon barley grass powder

1/2 cup walnuts

3 tablespoons chia seeds

2 tablespoons sesame seeds

3 tablespoons shredded coconut

6 medjool dates (pitted)

1 lemon (rind finely grated and lemon juiced)

### Coating:

shredded coconut, sesame seeds or mixed nuts

### Method

Measure out ingredients and put aside some of the shredded coconut and sesame seeds for coating. Add all the ingredients to a food processor and blend until combined. Use about one tablespoon of the mixture to roll into balls and then roll each in shredded coconut, sesame seeds, chopped nuts or leave as it is. They keep well in the fridge for 3-4 days (may not last so long...). Makes 18 balls.