## Carob honey Balls

## ingredients

1 C peanut butter

1/2 C carob

1/2 C sunflower seeds

1 C honey

1/4 tsp. vanilla

pinch of salt

shredded coconut

## preparation



Combine everything in a bowl except for the shredded coconut. Mix until you've got a large dough ball. Break off tablespoonsized pieces and roll into a ball. Roll the ball into shredded coconut and set aside. Do this with the rest of the mix.



a gentler and happier approach to health