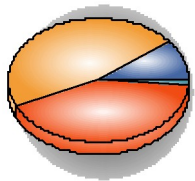


Date sesame pumpkin seed happy rolls

Recipe grams: 272.83g/9.6oz

Serves 25 10.91g/0.4oz per serving



Protein: 11%
Carbohydrates: 46%
Fat: 42%
Alcohol: 1%



INGREDIENTS

1/4 cup Sesame Seed, Whole, Dried
1/2 cup Pumpkin & Squash Seed, Dried, Kernels
1 tsp Vanilla Extract
7 date Date, Medjool, Pitted

DIRECTIONS

1. Put the seeds and pitted dates and vanilla extract into a food processor and process for about 2 minutes until a smooth paste is formed but bits of nuts are still visible.
2. Form 25 evenly sized balls by rolling between your fingers.

These are high if fat, but also also have a high tryptophan to protein ratio. This allows tryptophan to get into your brain easier to make serotonin which improves your mood. 1 - 2 balls/day

Store in the refridgerator

NUTRIENT ANALYSIS/SERVING

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	42		Vit-A IU	1*	0%
Protein (g)	1	2%	Vit-C (mg)	0	0%
Carbohydrates (g)	6	2%	Calcium (mg)	20	2%
Dietary Fiber (g)	1	3%	Magnesium (mg)	24	6%
Fat (g)	2	3%	Phosphorus (mg)	45	5%
Cholesterol (mg)	0	0%	Potassium (mg)	75	
			Sodium (mg)	0	0%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.