

# Seedballs

**Cooking Time (including preparation)** 20-30 mins

<b>Ingredients</b>	<b>Makes 10</b>	<b>Makes 20</b>	<b>Makes 30</b>
• Sesame seeds	½ cup	1 cup	1½ cup
• Sunflower seeds	1 cup	2 cups	3 cups
• Honey	⅓ cup	⅔ cup	1 cup
• Tahini or sesame butter	2 Tbsp	4 Tbsp	6 Tbsp
• Sea salt	⅛ tsp	¼ tsp	⅜ tsp
• Shredded coconut	½ cup	1 cup	1½ cup
• Vanilla extract	1 tsp	2 tsp	3 tsp

## Method

Spread the sesame and sunflower seeds out on a tray. In a low heat oven, dry roast until just beginning to brown and smell aromatic (about 5-10 mins). Grind the seeds with a food processor or mortar and pestle. Transfer to a larger bowl and mix with all other ingredients into a slightly dry dough. Press into balls and roll in coconut. Serve at once or cover and store in the refrigerator for serving later that day.

## To maximise nutritional benefits

- Be mindful that food preparation is an act of love and not a chore
- Before consuming, pause to give thanks to all those involved in the growing, providing, preparation and cooking of the meal
- Consume same day
- Chew each mouthful a minimum of 10 times before swallowing
- Sip warm beverages, don't drink
- Wait for a minimum of 10 mins after eating to savour the meal

