



CHLOË BOWLER
complete wellbeing

MIXED SEED TAHINI BALLS



Ingredients (Makes 12):

50g Pumpkin Seeds
50g Sesame Seeds

200g Medjool Dates
4 tbsp tahini

Method:

1. Mix all ingredients together in a food processor.
2. Roll into balls and place in the fridge for 30 minutes before tucking in.

CHLOEBOWLER.COM