Pinto Bean and Hemp Power Balls

1 tbsp. ball size

Ingredients:
- Sunflower Seeds Hulled – ¾ cup
- Hemp heart – toasted – ¼ cup
- Hemp heart – ½ cup
- Rolled Oats – 2 cups
- Ground Flax Seeds – 1 tbsp
- Pinto Bean puree, Using Canned Beans – 1 cup
- Pitted dates – 1 cup
- Dried Cranberries – ½ cup
- Ground Cinnamon – 1 tsp
- Ground Ginger – ½ tsp
- Liquid Honey – 1 tbsp

Method:
1) Toast Hemp hearts at 350F. Watch carefully.
2) Drain canned beans, reserve liquid. Puree beans in a food processor adding reserved canned liquid as needed until beans reach peanut butter consistency. Remove from food processor and place into a bowl.
3) In food processor pulse the sunflower seeds, hemp hearts, rolled oats, honey and ground flax until coarsely chopped. Place into bowl with bean puree.
4) In food processor add pitted dates, cranberries, ground ginger and cinnamon. Pulse until mixture come together (sticky). Place into bowl with other mixtures
5) Knead all 3 mixtures together until thoroughly mixed.
6) Using a TBSP make ball with the mixture and roll in toasted hemp hearts to finish.
7) Cover and refrigerate until ready to serve.

Recipe provided by:

[Logo of Red River College Applied Research & Commercialization]

[Logo of Manitoba Pulse Soybean Growers]