

## **Tahini Bites**

## Ingredients:

½ c. sunflower seeds
½ c. pitted dates
1/8 c. tahini
1/8 c. Yacon syrup

## Method:

Pulse seeds and dates in food processor. Add tahini and syrup. Roll into balls. Store in fridge.

Options: Roll balls in cocoa, matcha, chopped nuts.