



Pinto Bean and Hemp Power Balls

1 tbsp. ball size

Ingredients:

Sunflower Seeds Hulled— $\frac{3}{4}$ cup
Hemp heart – toasted – $\frac{1}{3}$ cup
Hemp heart— $\frac{1}{2}$ cup
Rolled Oats – 2 cups
Ground Flax Seeds – 1 tbsp
Pinto Bean puree, Using Canned Beans – 1 cup
Pitted dates – 1 cup
Dried Cranberries – $\frac{1}{2}$ cup
Ground Cinnamon – 1 tsp
Ground Ginger – $\frac{1}{2}$ 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:



RED RIVER
COLLEGE

APPLIED RESEARCH &
COMMERCIALIZATION

Applying Knowledge, Delivering Results™

