



## **Symbiosis Ranch Recipes**

### Bessheen's Almond Nut Power Balls

16 oz of almond butter

5 T rolled oats

5 T cocoa powder or carob powder

5 T honey

5 T chopped nuts, i.e. pecans

A little oil in your hands and roll them into balls, can also then roll in raw sugar. Store in air tight container, we freezer half for later.