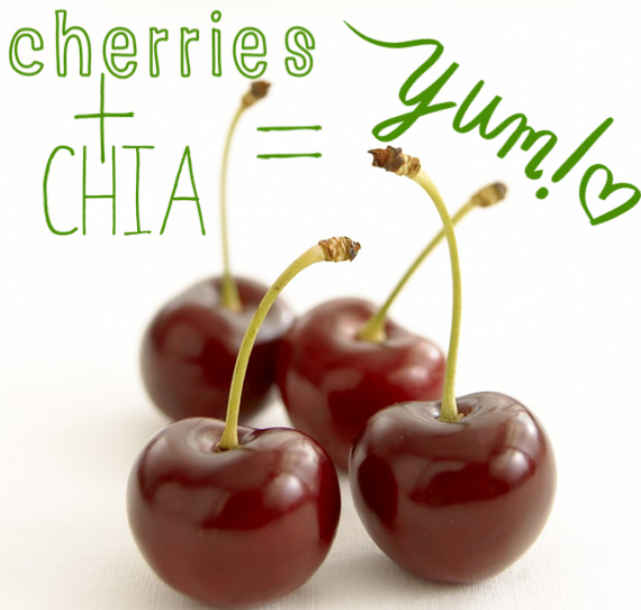




LIVE *the*  
**Smart**WAY  
 with **Kathy Smart** *Everyone's Favorite Nutrition Expert™*



### Chia Cherry Choclate Power Balls

Makes 12 balls

- ½ cup each of walnuts, dried cherries and pitted dates
- pinch of sea salt and cinnamon
- 4 Tablespoons of Chia Seeds+ unsweetened cocoa

*Combine all of the ingredients above in a food processor and process until crumbly and stick together.*  
 Moisten hands and form into balls.  
 Refrigerate for 20 minutes.  
 Done!

#### Nutrition Information:

| Amount Per Serving                |               |
|-----------------------------------|---------------|
| <b>Calories</b>                   | 90.43         |
| Calories From Fat (41%)           | 36.65         |
|                                   | % Daily Value |
| <b>Total Fat</b> 4.38g            | <b>7%</b>     |
| Saturated Fat 0.41g               | <b>2%</b>     |
| <b>Cholesterol</b> 0mg            | <b>0%</b>     |
| <b>Sodium</b> 40.93mg             | <b>2%</b>     |
| <b>Potassium</b> 76.29mg          | <b>2%</b>     |
| <b>Total Carbohydrates</b> 12.87g | <b>4%</b>     |
| Fiber 2.65g                       | <b>11%</b>    |
| Sugar 4.83g                       |               |
| <b>Protein</b> 1.65g              | <b>3%</b>     |

*Nutrition info based on a serving size: Serving size: 1/12 of a recipe (22 grams).*

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

**\*the above ingredients can be found at your local health food store\* *Let's connect online!***

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