

WeedPad.com



WeedPad Energy Nugs an Incredible Edible

Recipe Description:

WeedPad Energy Nugs recipe for those who want an edible to medicate but get a slight energy boost.

Prep Time	Cook Time	Total Time	Recipe Serves	Recipe Yield
20 min	0 min	20 min	30	30 Pieces

Equipment Needed:

Large glass bowl
Food processor
Wooden spoon
Cookie Sheet (for cooling)

Ingredients Needed:

1 Cup Dried Figs
1 Cup Pitted dates
2/3 Cup Pitted Prunes
1 Cup Walnuts – broken
1/4 Cup Pure Maple Syrup
1 Tablespoon Orange Zest
1 Teaspoon Cinnammn
2/3 Cup Sesame Seeds (raw or toasted)
7 grams stems, trim, leaves etc.

Directions:

- Using your grinder, grind the stems, snips, trim and cuts into a fine powder; or as fine as you can get.
- Bring out your food processor. Place all of the

Nutrition Facts

Serving Size	22g		
Yields	30		
Amount Per Serving			
Calories 83	Calories from Fat 32		
% Daily Value *			
Total Fat 6g			1%
Saturated Fat 0g			2%
<i>Trans</i> Fat 0g			
Polyunsaturated Fat 2g			
Monounsaturated Fat 1g			
Cholesterol 0mg			0%
Sodium 1mg			0%
Total Carbohydrates 13g			4%
Dietary Fiber 2g			6%
Sugars 7g			
Protein 1g			
Vitamin A	1%	Vitamin C	1%
Calcium	5%	Iron	5%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

ingredients listed above (except for the sesame seeds) into the processor container. Run for about 14-20 seconds. You can also pulse 3 – 5 times. We're just looking to combine products at this stage.

3. Place the mixture in the refrigerator for 90 minutes.
4. Take mixture out of the frig and using your wooden spoon, scoop out enough the size of a golf ball. Rolling the mixture between your hands, shape each into a perfect ball.
5. Roll your energy nugs ball in the sesame seeds. You can also substitute for finely shredded (unsweetened) coconut.
6. Roll the balls once again in your hands to get the sesame seeds coated well within the mixture. You can also dampen your hands to keep from sticking.

Notes:

If anyone in your home, or person you share these Energy Nugs with has a nut allergy, you can substitute the walnuts sunflower seeds. Check with a doctor or dietician about this.