

## ***Date Balls:***

- Put in a large bowl:
  - 9 packages of date spread
  - 1 4-liter box of thin oat flakes
  - 3 cups of walnuts minced
  - 7 cup of sunflower sprouts
  - 2 cups of thina
  - 2/3 cups of peanut butter
  - Mix everything.