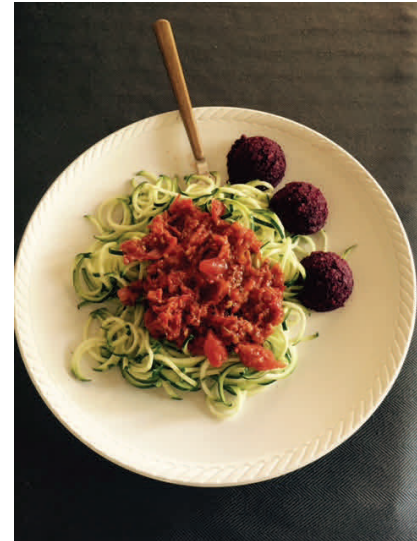


Walnut-Beet Balls

Ingredients:

- 2 cups grated beet
- 1 cup walnuts
- 1/2 cup green pitted olives
- 2 TS flaxseed meal
- 1 TS onion powder
- 1/2 tsp salt
- 1/4 tsp turmeric

Servings: 5



Nutrition Facts

Serving Size 3 balls (109g)
Servings Per Container

Amount Per Serving

Calories 220 **Calories from Fat** 160

% Daily Value*

Total Fat 18g **28%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 350mg **15%**

Total Carbohydrate 13g **4%**

Dietary Fiber 4g **16%**

Sugars 6g

Protein 5g

Vitamin A 0% • Vitamin C 6%

Calcium 4% • Iron 8%

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

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



*VEGAN



*GLUTEN-FREE



*SOY FREE

Instructions:

1. Wash, peel, and grate 1 medium beet.
2. Place all ingredients into food processor and blend until smooth.
3. Use a cookie scoop to form the balls.
4. Bake at 350 degrees for about 30 minutes in a pan covered with a silicone baking mat.