



# **Energy Balls: Improve Your Physical Performance, Mental Focus, Sleep, Mood, and More!**

*Christal Sczebel*

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# Energy Balls: Improve Your Physical Performance, Mental Focus, Sleep, Mood, and More!

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This little cookbook packs a big punch with 100 delicious recipes for no-bake energy balls designed to deliver a targeted blast of energy for different activities at any hour. Crafted with whole ingredients, superfoods, and all-natural proteins, each vegan and gluten-free bite-size treat offers the perfect nutritional boost. Extra protein, nuts, and seeds give athletes a high-energy hit; dark chocolate and green tea help students concentrate and focus; ginger lets the overstressed wind down at the end of a long day. And, kids will love them tucked into their lunch boxes. They are as easy to make as they are good to eat—good-bye processed and packaged sports bars!

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