

# moll's BALLS

Clean treats handcrafted by local mom & certified health coach, Molly O'Neil. Perfect for active kids & adults, each ball is made with gluten-free, dairy-free, guilt-free ingredients with no refined sugar or preservatives. Packed with protein, fiber and omega 3's, Moll's Balls are an easy, healthy way to enjoy an on-the-go snack, fuel your workout, or satisfy your sweet tooth.

## FLAVOR MENU

### ALMOND BUTTER PROTEIN

Organic gluten free oats, organic almond butter, organic peanut butter, almond flour, organic maple syrup, raw honey, organic vanilla extract, organic coconut oil, organic flax, sea salt, dairy free dark chocolate chips

### ANTI-INFLAMMATORY TURMERIC

Organic gluten free oats, organic almond butter, almond flour, organic dates, organic coconut oil, organic ground flax, organic turmeric powder, black pepper, organic vanilla extract, sea salt, dairy free dark chocolate chips

### AVOCOCO TRUFFLE

avocado, dark chocolate, organic cacao powder, organic maca powder, organic ground flax, organic coconut oil, organic vanilla extract, sea salt

### CACAO WALNUT

Walnuts, organic dates, organic cacao powder, almond flour, organic ground flax, dairy free dark chocolate chips, organic turmeric powder, sea salt

### CHOCOLATE COCONUT

almond butter, almond flour, cacao powder, unsweetened coconut, maple syrup, vanilla, flax, sea salt, dairy free chocolate chips

### COCO SHROOM IMMUNITY

organic cacao, reishi & chaga mushroom blend, walnuts, almonds, organic dates, vanilla, sea salt, flax, dairy free dark chocolate

### DARK CHOCOLATE COCONUT KETO

almond flour/almond meal, organic coconut flour, organic cacao powder unsweetened, pure organic monk fruit, organic unsweetened coconut, salt, organic vanilla extract, organic coconut oil

### OMEGA OATMEAL COOKIE

organic gluten free oats, organic hemp hearts, organic ground flax, organic coconut oil, gluten free buckwheat flour, organic vanilla, sea salt, dairy free dark chocolate chips

### THE ORIGINAL WITH TURMERIC

organic gluten-free oats, organic peanut butter, organic almond butter, almond flour, organic honey, maple syrup, organic vanilla, ground flax seed, dairy free dark chocolate chips, organic turmeric, black pepper, sea salt

### ORANGE WHITE CHOCOLATE

coconut flour, cashew butter, organic honey, white chocolate chips, orange extract, orange zest, turmeric, cayenne pepper, vanilla, sea salt

### PB&J

organic peanut butter, organic gluten-free oats, organic dates, organic vanilla, flax seed, organic grape jelly

### NUTTY BANANA

banana, organic dates, walnuts, almond flour, organic gluten free oats, organic vanilla extract, organic ground flax, chia seeds, dairy free dark chocolate chips

### CARROT CAKE

walnuts, organic dates, almond flour, carrots, hemp hearts, unsweetened dried coconut, organic ground flax, cinnamon, organic vanilla extract, ginger

### YOGI GOJI

organic oats, organic dates, goji berries, unsweetened coconut flakes, cashew butter, organic ahwaganda, chia seed, vanilla, sea salt

## SEASONAL FLAVORS

### PUMPKIN PIE

organic pumpkin puree, walnuts, sunflower seeds, organic dates, organic coconut oil, almond flour, organic vanilla extract, unsweetened shredded coconut, pumpkin pie spice, sea salt

### SNICKERDOODLE

cashew butter, almond flour, organic dates, flax, organic cinnamon, organic ashwaganda, organic vanilla, sea salt

### THIN MINT

walnuts, organic dates, organic cacao powder, peppermint extract, almond milk, organic flax

Available in 2-packs (single serving size),  
5-packs, 10-packs & 20-packs

Can be kept in fridge or freezer up to 2 months

MADE WITH INGREDIENTS THAT ARE:



## MOLLS BALL-WORTHY INGREDIENTS

### ALMONDS/ALMOND BUTTER

Healthy fats & antioxidants. Perfect trifecta of protein to build and repair tissue, fiber to help digestion, and monounsaturated fats to reduce cholesterol.

### ORGANIC ASHWAGANDA

Used for over 3000 years in medicine. Classified as an adaptogen, it can boost brain function, lower blood sugar and cortisol levels and help fight symptoms of anxiety, stress and depression. Anti-inflammatory and may have anti-cancer properties.

### AVOCADO

Full of omega-3s and plant-based proteins, avocado is a nutritional powerhouse rich in vitamin E, C, potassium and B vitamins, which aid in detoxifying and reducing inflammation. Healthy fat which some studies show aid in weight loss.

### BANANA

A fast-acting source of energy full of potassium for muscle repair, antioxidants, amino acids and fructooligosaccharides, which stimulate the growth of friendly bacteria in the intestine.

### CHAGA MUSHROOM POWDER

High levels of antioxidants. Helps balance the metabolic system and is a natural adaptogen. Highly revered for anti-aging properties.

### CACAO POWDER/DARK CHOCOLATE

High concentration of flavonoids & antioxidants, cacao also boosts serotonin levels, calms the nervous system and regulates heart rate due to its iron, fiber and magnesium content.

### ORGANIC COCONUT OIL

Contains medium chain fatty acids that convert into energy rather than being stored as fat. Contains disease fighting fatty acid, lauric acid. Jam-packed with fiber, vitamins and minerals. Hydrating for skin & hair.

### ORGANIC CHIA SEEDS

Massive nutritional content (think omega-3s, dietary fiber, free-radical fighting antioxidants) in very few calories.

### ORGANIC FLAX SEEDS

Flax seeds are a rich source of micronutrients, dietary fiber, anganese, vitamin B1, and omega-3 fatty acids, which lower cholesterol and stabilize blood sugar.

### GOJI BERRY

High in Vitamins A & K, it protects the eyes, promotes healthy skin, protects against cancer. High fiber content which helps stabilize blood sugar. Provides immune support.

### ORGANIC HEMP HEARTS

Hemp is a great source of plant-based protein and fiber. It's also easily digestible, making the protein in it easily available for your body's use.

### MAPLE SYRUP & DATES

A "gentle" sweetener. Less likely to cause indigestion & bloating, compared with processed sweeteners. Loaded with polyphenols: plant-based compounds that work as antioxidants.

### ORGANIC MACA POWDER

An ancient peruvian superfood, maca was long ago used by Peruvian warriors increase their strength and endurance. A natural energy booster, maca has also been know to boost the libido.

### MINT OIL

A soothing, leafy herb, mint soothes the stomach and promotes digestion. Mint is also packed with antioxidants, and acts as a natural decongestant and diuretic.

### ORGANIC GLUTEN-FREE OATS

Oats have been found to reduce cholesterol levels and help prevent heart disease. They are also full of fiber, helping you stay satiated longer and maintain a healthy weight.

### ORGANIC TURMERIC

Used for centuries in Ayurvedic healing practices, turmeric is known to fight inflammation. Curcumin, which gives it its bright color, is also used to help fight off a host of diseases such as Alzheimer's and may control blood sugar.

### GINGER

Ginger is a digestive aid and immune booster high in antioxidants, chromium, magnesium and zinc, which improve blood flow and promote the body's absorption of essential nutrients.

### ORGANIC CINNAMON

A warm, baking spice rich in calcium, iron, and magnesium, cinnamon brings anti-inflammatory powers while also supporting digestion and circulation.

### WALNUTS

Of all nuts, walnuts contain the most omega-3's, which lower LDL (bad) cholesterol and may reduce inflammation & protect skin from free radicals. Great source of antioxidants, vitamin E, selenium, and magnesium.



Visit our website to find other local places to buy or to order online.

**MOLLSBALLS.COM**