

CHOC PROTEIN BALLS



approx. 24



30 minutes

Delicious, healthy protein snack. Perfect as a between meals snack, kids lunchbox idea, or to push through that mid-afternoon energy slump!



INGREDIENTS

- 220g pitted dates (if using dried dates, soak in boiling water for 15 mins and drain)
- 1 cup almond meal
- 2 Tb hemp seeds
- 1 Tb chia seeds
- 1/2 cup dessicated coconut
- 2 Tb raw cacao powder
- 1/4 cup coconut oil (melted)
- Additional dessicated coconut for rolling at the end - approx. 1/3 cup

DIRECTIONS

1. Place all ingredients into food processor bowl with mixing blade inserted. (Don't forget to make sure pits are removed from dates! and keep additional coconut to the side for later)
2. Blitz on low speed until the mixture has come together in a rough ball/clump.
3. Using a teaspoon, scoop mixture and roll into balls.
4. Coat balls by rolling them in the additional coconut.
5. Place into a flat container and chill in the fridge.
6. These will keep for a week in the fridge (if they hang around that long or can be frozen to use later).



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NOTES

Variation - Other seeds can be used, just stick to measurements. Flaxseed, sunflower seeds, pepitas etc. Cacao has been used here for its health benefits, however can be swapped for cocoa. Cacao can be purchased at most health food shops.