

## Mint Cream Protein Balls

8 Medjool Dates

250g Almonds & Macadamia Nuts (raw)

2 scoops Vanilla Protein powder

½ cup Shredded Coconut

2 tablespoons Coconut Oil

2 tablespoons Chia Seeds

8-12 drops Peppermint Essential Oil

8-12 drops Spearmint Essential Oils

1 tablespoon Diatomaceous Earth  
(optional)

2 tablespoons Water (give or take  
depending on consistency)

You could add Cacao Powder to make this  
'Choc Mint' ☺



Throw all the ingredients into a high powered blender, blitz to desired consistency, roll into balls & freeze.

Enjoy!

Hayley



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