

Protein Balls

Ingredients

1 cup cashews (or macadamias)

1/2 cup desiccated coconut

1-2 scoops whey protein (I use a vanilla or plain flavoured....your 'shake it' or 'Everyday Protein' is perfect)

10-12 Medjool Dates

1 tablespoon Chia seeds

1 tablespoon Maple Syrup (the REAL stuff)

2 tablespoons Pepitas

2 tablespoons water

Good crack of Salt (again - use the real stuff i.e. Himalayan salt that has a balance of minerals)

Optional extra coconut for Rolling (I barely ever can be bothered doing this, but it is a nice touch if you want to!)



Method

Blend cashews (or your choice of nuts) in a food processor until in chunk form.

Add all the other ingredients and blend.



Roll Mixture into small balls.

Option: Roll balls in extra coconut.

Freeze to set.

Eat and Enjoy!



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