

Protein balls



Makes 15 (50g each)

Ingredients

330g raw whole almonds
60g chocolate pea protein powder
16 fresh dates, pitted
2 tablespoons cocoa powder
1 tablespoon vanilla extract
½ teaspoon ground cinnamon
Desiccated coconut for rolling (approximately 3 heaped tablespoons)

Method

1. Place almonds, protein powder, cinnamon and cocoa into blender for 15 seconds.
2. Add dates and vanilla extract and process for 15 seconds or until mix starts coming together.
3. While mixing, add a splash of water (10 ml), so that mixture is soft and will form a soft ball.
4. Divide into 15 lots of 50g portions and form the balls.
5. Roll in coconut.
6. Serve, or store in the fridge for up to 4 weeks.

“ These little power balls are a high energy, low saturated fat, low salt snack to have with your morning or afternoon coffee. Make sure you have a small coffee as each of these balls pack a 909kJ energy kick into your day. As part of a healthy diet, snacks should be between 400 and 600kJ. If you are looking to maintain your weight or find it hard to achieve your 30 minutes a day of moderate intensity physical activity you may want to have half a protein ball at morning tea and save the rest for the afternoon.

Mary du Heaume
Dietitian APD
HBF Member Health Coach

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Nutrition information

Servings per recipe: 15 | Serving size: 50 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	909 kJ	1820 kJ
Protein	7.9 g	15.9 g
Fat, total	12.1 g	24.2 g
- saturated	1.5 g	3.0 g
Carbohydrate	16.9 g	33.8 g
- sugars	16.1 g	32.3 g
Sodium	9 mg	18 mg

Recipes provided by Leap Café Perth. Leap Café specialises in healthy, fresh, and nutritionally balanced food.

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