

Guilt-Free Almond & Walnut Protein Balls

With the beginning of another year came the desire to clean up my body and re-energise.

I decided to try making some protein balls for mid morning and afternoon snacks.

As a first attempt, these little treats were a success. Everyone happily snacked on them, including the kids!

Ingredients:

- 1 cup walnuts
- 1 cup almonds
- 2 cups chopped dates
- 1 cup desiccated coconut
- 4 tbsp. coconut oil
- 2 tbsp. rice (or pea or whey) protein powder
- 2 tsp vanilla paste (or 1 tsp vanilla extract)
- 1 tsp Celtic Sea Salt or Himalayan Rock Salt

Method:

- 1) Blitz the dry ingredients together in a food processor
- 2) Add the dates, vanilla paste (or extract) and coconut oil until well combined.
- 3) Use your hands to form into small balls.
- 4) Roll in desiccated coconut before storing in the fridge until firm.

