



FIT PROTEIN BALLS

This week's recipe has been shared by nutritionist and blogger **Tristen Alexandra**. These Fit Protein Balls are made with cacao and dates for a delicious chocolatey fudgy flavour and are packed with protein. They make a great pre or post-workout snack or any time of day for a sweet treat. Healthy and Yum!

Makes: 10-12 balls

Prep time: 10 mins + 30 mins to set

Ingredients:

1 cup mixed *pumpkin & sunflower seeds*

10 *dates*

1 tbs *cacao powder*

1/2 cup *unsweetened desiccated coconut*, plus extra for rolling

1 scoop *vegan protein powder* (vanilla or chocolate work best)

1/4 cup *virgin coconut oil*, melted

Instructions:

Add all ingredients into a food processor. Blitz until mixture starts to come together and combines.

Roll into balls. Roll through extra coconut flakes. Set in the fridge for a few hours or in the freezer for 30 mins if short on time. Keep stored in fridge until ready to eat.

Vegan | Refined Sugar-Free