

COCONUT PROTEIN BALLS



INGREDIENTS:

- 1 cup hemp protein
- 1 cup rolled oats
- 1 tsp chia seeds
- 1 tsp flaxseed
- 1 cup of almonds
- 1/4 cup cacao powder
- 1tbsp coconut oil melted
- 1 tbsp honey
- 1/2 coconut milk
- 1 tbsp desiccated coconut

Deliciously soft protein balls are the perfect sweet treat for when you are trying to maintain a healthy diet. Perfect for breakfast, post-workout or even a late evening snack Use as pure and clean ingredients as possible!

HOW TO MAKE IT:

- In a food processor add almonds, protein powder, cacao powder, chia seeds, flaxseed and process to a fine powder
- In a small bowl, stir together coconut oil, honey, coconut milk, and add to the food processor
- Process until smooth dough forms, stopping and scraping the walls of a food processor (about 3-5 minutes giving the food processor a few breaks)
- Add 1/2 cup of coconut flakes and process until combined, (1-2 minutes)
- Place some coconut flakes on a plate, scoop small amount of dough and roll with your hands into a ball and coat in the flakes

These Coconut protein balls are great to store in the fridge for up to a week and freeze beautifully.

TOP TIP

Avoid using whey protein powder as it absorbs liquids differently than plant-based protein

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