



PROTEIN BALLS

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Ingredients

100g coconut oil
100g almond meal
150g shredded coconut
50g black chia seeds
15g cacao
50g Nutra Organics Chocolate Protein Powder
10g vanilla essence
115g maple syrup

Preparation

- 1) Melt coconut oil for 1 min
- 2) Add all ingredients to mixer and Mix for 20 seconds
- 3) Scrape down sides of bowl and mix again for 20seconds
- 4) Roll into balls and cover in chia seeds
- 5) Store in freezer

A+ PROTEIN BALLS

Ingredients

60g Roasted Cashews
70g almonds
3 tbsp. Chia seeds
3 tbsp. Goji or Sugarless Cranberries
3 tbsp. pepitas
4 tbsp. raw honey
2 tbsp. Unrefined coconut oil
2 tbsp. Cacao Powder
3 tbsp. Nutra Organics Protein Powder

Preparation

- 1) Place all ingredients into mixer
- 2) Mix for up to 1 minute, if mixture too wet add more protein, if too dry add more honey.
- 3) Roll the mixture into little balls
- 4) Store in freezer

PROTEIN BLISS BALLS

Ingredients

150g raw almonds
2-3 medjool dates pitted
1tbsp chia seeds
2 tbsp. tahini
3 tbsp. cacao powder
1tsp cinnamon
1tsp vanilla extract/paste
60g NutrOrganics Protein Powder
4 tbsp. water
Desiccated coconut for rolling

Preparation

- 1) Blend almonds on high speed for 20 seconds
- 2) Add dates, chia seeds, tahini, cacao, cinnamon, vanilla & protein powder and mix until finely chopped & well combined
- 3) Add water, a little at a time, until mixture reaches dough like consistency. May add more water if mix too dry. Or add more meal/protein powder if too sticky.
- 4) Roll mixture into balls and roll in coconut. Store in airtight container, will keep in freezer for 3 months.