

**ALMOND ENERGY BALLS** 10 minutes 10 minutes 6 portions**INGREDIENTS**

- 120 grams of almond Meal
- 2 tbsps of honey (42 g)
- 1 tsp of oil, coconut (5 g)
- 30 grams of , Whey Protein Powder
- 1/2 tbsp of lemon juice (8 g)
- 15 grams of desiccated, coconut, shredded

COOKING METHOD

- 1° Add all ingredients into a mixing bowl and combine.
- 2° Portion mixture into six serves, place on a lined tray and refrigerate for one hour.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (37 g)	% DRI
ENERGY	493 kcal	180 kcal	9 %
FAT	35 g	13 g	20 %
FATTY ACIDS, TOTAL SATURATED	22 g	8 g	40 %
CHOLESTEROL	2 mg	1 mg	0 %
SODIUM	73 mg	27 mg	1 %
CARBOHYDRATE	25 g	9 g	3 %
SUGARS	21 g	8 g	—
FIBER	0 g	0 g	1 %
PROTEIN	19 g	7 g	—