



### FRUIT FREE BLISS BALLS

Make a batch of these Sunday night and you will have a protein rich snack for the rest of the week!

15 minutes

20 portions

## INGREDIENTS

- 1 cup of mixed nuts, [134 g]
- 1 cup of Oats, Dry [80 g]
- 1/4 cup of cacao powder [22 g]
- 1 tsp of spices, cinnamon, ground [3 g]
- 1 tbsp vanilla protein powder [26 g]
- 2 tbsp of rice Malt Syrup [20 g]
- 1 tsp of maca Powder [5 g]
- 2/3 cup nut butter [160 g]
- 2-3 tablespoons unsweetened almond milk [66 g]
- desiccated coconut (for rolling)
- cacao powder (for rolling)

## COOKING METHOD

- 1° Place nuts and oats in a food processor and process until coarsely chopped. The mix should be slightly chunky to help hold the balls together.
- 2° Place nut and oat mixture in a large mixing bowl and stir through the cacao, cinnamon, maca, protein powder and salt.
- 3° In a separate bowl, combine the nut butter and rice malt syrup. Add this to the dry ingredients, using your hands to rub the ingredients together.
- 4° The mix should be quite dry and will not stick together. Gradually add in the almond milk, using your hands to work the moisture through the mixture.
- 5° Once mix starts to come together, shape mixture into balls.
- 6° Roll in desiccated coconut and raw cacao and store in an airtight container in the fridge.
- 7° Roll in desiccated coconut and raw cacao and store in an airtight container in the fridge.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (27 g)	% DRI
ENERGY	445 kcal	120 kcal	6 %
FAT	31 g	8 g	13 %
FATTY ACIDS, TOTAL SATURATED	7 g	2 g	9 %
CHOLESTEROL	1 mg	0 mg	0 %
SODIUM	35 mg	10 mg	0 %
CARBOHYDRATE	34 g	9 g	3 %
SUGARS	4 g	1 g	—
FIBER	6 g	2 g	7 %
PROTEIN	17 g	5 g	—