Coconut Protein Balls

Ingredients

- 1 cup cashews or macadamias
- 2 tbsp vanilla protein powder (or vegan powder)
- ¼ cup + 1 tbsp shredded coconut
- 1 tbsp chia seeds
- 1 tbsp honey
- 7 pitted dates
- 2 tbsp water (only add if mixture won’t combine; see below)

To roll

- Desiccated Coconut

Making it

1. Put the cashew nuts into the food processor and blend until they are crumbly in texture
2. Add the protein powder, coconut and chia seeds. Blend until combined
3. Add the honey and the dates and process until the mixture becomes a soft ball
4. If the mixture won’t come together add water a tablespoon at a time until the ingredients combine
5. Scoop out a heaped tablespoon out and roll into 12 balls. Place in the fridge for 10 minutes.
6. Remove and roll in desiccated coconut if desired.


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**NUTRITION FACTS**

Servings: 12

**PER SERVING**

Calories (kcal):

Fat (g):

Carbohydrate (g):

Fibre (g):

Protein (g):

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**TIPS & HINTS**

These will freeze well, but be sure to freeze spaced out on a tray first before putting them into a larger food storage bag to avoid them sticking together.