



CHOCO PROTEIN BALLS

A healthy, high-protein snack to satiate a sweet tooth. Optional Coating: For added flavour and texture, you can roll the protein balls in cocoa powder, crushed nuts, or shredded coconut (keep in mind these will add calories). Storage: Store in an airtight container in the refrigerator for up to 1 week or freeze for up to 1 month.

 15 minutes

 45 minutes

 10 portions

INGREDIENTS

- Protein powder whey based (32 g) **or** 1 oz of soy protein isolate (28 g)
- 1/2 Cup of Almond Flour (~50g) **or** 100 grams of coconut Flour
- 2 tablespoons of beverages, almond milk, unsweetened, shelf stable
- 2 tbsps of cocoa, dry powder, unsweetened (11 g)
- 1 tbsp of peanut Butter, smooth (16 g)
- 1 tablespoon of seeds, chia seeds, dried (14 g)
- 1 tsp of vanilla extract (4 g)
- 1 package of sweetener, herbal extract powder from Stevia leaf (1 g) [optional]

COOKING METHOD

- 1° Mix the Dry Ingredients: In a medium bowl, combine the whey protein powder, almond (or coconut) flour, cocoa powder and chia seeds. Stir well to distribute the dry ingredients evenly.
- 2° Add Wet Ingredients: Gradually add the almond milk (or water), vanilla extract, peanut butter and sweetener (if using). Stir until the mixture forms a dough-like consistency. You may need to adjust the liquid depending on the texture, so add more if needed (the texture should be conducive to forming solid balls).
- 3° Form into Balls: Scoop out small portions of the mixture and roll them into balls (about 1 inch in diameter). If the mixture is too sticky, you can lightly wet your hands to help form the balls.
- 4° Chill: Place the protein balls on a plate and refrigerate them for about 30 minutes to firm up.
- 5° Enjoy!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (18 g)	% DRI
ENERGY	435 kcal	79 kcal	4 %
PROTEIN	27 g	5 g	10 %
CARBOHYDRATE	18 g	3 g	1 %
SUGARS	1 g	0 g	0 %
FAT	30 g	5 g	8 %
FATTY ACIDS, TOTAL SATURATED	2 g	0 g	2 %
FIBER	6 g	1 g	4 %
SODIUM	149 mg	27 mg	1 %