

PUMPKIN SPICE NO BAKE BALLS

 20 portions

INGREDIENTS

- 28.3 grams of red Mill Almond Flour
- 14.15 grams of beverages, Whey protein powder isolate
- 1 tbsp of spices, pumpkin pie spice (6 g)
- 1 cup of peanut Butter, smooth (258 g)
- 14.15 grams of simple Truth Organic Maple Syrup
- 28.3 grams of libby's Pumpkin Pie Mix, Canned

COOKING METHOD

- 1° Combine flour, vanilla protein powder, and pumpkin pie spice in a large mixing bowl
- 2° Microwave peanut butter, maple syrup, and pumpkin puree for 45-60 seconds
- 3° Pour the liquid mix into the dry ingredient bowl and stir
- 4° Freeze the dough for about 10 minuets
- 5° Roll the dough into 20 balls and place in fridge until chilled

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (17 g)	% DRI
ENERGY	512 kcal	89 kcal	4 %
FAT	39 g	7 g	10 %
FATTY ACIDS, TOTAL SATURATED	7 g	1 g	6 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	379 mg	66 mg	3 %
CARBOHYDRATE	29 g	5 g	2 %
SUGARS	13 g	2 g	—
FIBER	4 g	1 g	3 %
PROTEIN	20 g	3 g	—