

Protein Balls

So quick and easy to make. A tasty healthy snack full of goodness.

PREP TIME: 10 mins.

COOK TIME: None

COURSE: Snack

SERVINGS: 14 balls

KEYWORD: Protein Balls, Gluten Free, Dairy Free

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Ingredients

- 1 cup almond meal
- 2 Tbsp sesame seeds
- 3 Tbsp cacao powder or cocoa
- 4 Tbsp coconut
- 2 Tbsp almond butter
- 2 Tbsp melted ghee or coconut oil
- 2 Tbsp pure maple syrup
- 1½ Tbsp cacao nibs

Instructions

Combine all ingredients in a bowl. Scoop a small spoonful into the palm of your hand, squeeze tightly and roll into a ball. Store them in the fridge or freezer.

Note: for dairy free version use coconut oil instead of ghee.