

Protein balls recipe

Makes 8 large cupcake sized balls or 14 small protein balls

Ingredients	Amount
Small flaked oatmeal	1 cup
Dates	3
Or honey	1 Tablespoon
PHD SMART Brownie protein	2 Scoops
Cashews (broken up)	10
Walnuts (broken up)	10
Coconut oil	2 Tablespoons
Chia Seeds	3 Tablespoons
Peanut butter	2 Tablespoons



Instructions

- Add all the above ingredients (except the protein powder) into a large bowl
- Boil 3 dates for 12 minutes and add into the bowl, start mixing all the ingredients by gradually adding in the date water (alternatively use honey with some additional hot water)
- Add in the protein powder and start scooping or rolling the mixture into your chosen sized balls!
- Roll each ball into shredded coconut or powdered almonds for the finishing touch!

You can refrigerate and eat within two days or keep in the freezer and take them out one hour before enjoying them as a healthy snack

NOTES

- *Protein powder is optional but a great way to increase the protein content and add some fun and unique flavors! This is Phd SMART protein for use in recipes and for baking.
- *If the mixture seems crumbly or dry add water or almond milk 1 teaspoon at a time until it sits together nicely.
- *For your kids
- Add dark choc chips on top after rolling and replace walnuts with raisins