

Total Balance Monthly Recipe

Yummy Nutty Protein Balls

330 g raw whole almonds and walnuts

60g of unflavored protein powder

2 tablespoons cocoa powder

1/2 teaspoon ground cinnamon

1 tablespoon macca powder

1 tablespoon of chia seeds

16 fresh dates, pitted (I use Medjool dates)

1 tablespoon natural vanilla extract (optional)

Water and/or coconut oil

1. **Throw** nuts into the food processor with protein powder, cocoa, cinnamon, macca and chia seeds then process until the mix looks crumbly.
2. **Add** dates, vanilla extract then process again until the mix starts to come together.
3. **Add** a splash of water if you need to so that mixture is soft and forms a soft ball.
4. **Form** into 14 decent sized balls.

**Store in the fridge until you feel like a snack or quick meal on the run up to 4 weeks.

ENJOY 😊

