



# Snacks

## Choc Protein balls:

Makes 8 balls

Ingredients:

- 6 Tbsp of almond meal
- 4 Tbsp of protein powder
- 2 Tbsp of desiccated coconut plus extra to roll in
- 3 Tbsp of cacao powder or cocoa powder
- 6 Tbsp of coconut/almond milk
- 2 Tbsp of coconut oil, melted

## Vanilla Protein Balls:

- 1/2 cup tahini
- 2 tbsp coconut oil
- 2 scoops of vanilla protein powder
- 1/3 cup desiccated coconut
- 1/4 cup chia seeds
- 1 tbsp maca powder
- 2 tbsp almond meal
- pinch of salt
- 2 tbsp of almond milk
- A pinch of stevia for sweetness if you need.

## Method:

1. Add all ingredients to a bowl and mix with a spoon or hands until well combined. Roll into balls with slightly damp hands, roll in extra desiccated coconut and set in the fridge.
2. Add a couple drops of liquid stevia if you need it a bit sweeter!

## Method:

1. Blend all ingredients together in a blender or food processor, or mix together in a bowl, add more milk if they are to dry
2. Roll into small balls and roll in coconut
3. Refrigerate and then store in the fridge or freezer.