

Protein Balls



Fig and Cashew

- 150g Dried Figs
- 1 cup unsalted cashew nuts
- ½ cup chia seeds
- 3 Tbsp. Coconut Flour

Place all of the ingredients except the coconut into a food processor and blitz. Roll into balls then roll in coconut flour. Place in the fridge to set. Great for a breakfast in the go xx

Gingerbread protein balls

- 2 tsp pure honey
- ½ cup flaxmeal (milled flax seeds)
- 1 tsp fresh grated ginger
- 100g meridian peanut butter
- 20g dried unsweetened coconut

Mix all the ingredients (except the coconut) together in a bowl and roll into small balls. Roll the balls into the dried, unsweetened coconut and then store these in the fridge.

The entire recipe provides 44g protein and 21g net carbs so you can work out the carbs and protein per serving depending on how many you make from this.