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RECIPE: POWER BALLS

INGREDIENTS:

- 1 1/4 cups (200g) raw almonds
- 1/3 cup protein powder
- 230g (approx 10) fresh dates, pitted
- 1/3 cup desiccated coconut
- 1/3 cup (35g) sunflower seeds
- 1/4 cup (50g) pumpkin seeds
- 1/4 cup carob or cocoa powder
- 2 tbs rice syrup or honey
- 2 heaped tbs tahini
- 1/2 cup (125ml) apple juice or water

- 2/3 cup desiccated coconut (for coating)

METHOD:

1. Place almonds in a food processor and process until roughly ground.
2. Add protein powder, dates, coconut, sunflower seeds, pumpkin seeds and carob powder and process until combined.
3. Add honey, tahini, then whiz again. With motor still running slowly add in juice or water until mixture forms a sticky ball.
4. Divide mixture and roll into walnut sized balls then coat in the extra coconut.

Store in refrigerator for up to 4 weeks. Makes approx 32.