

Chocolate protein balls



Ingredients

1 1/2 cups raw macadamias

1/2 cup raw cashews

2 tbs cacao powder

1 cup desiccated coconut – plus extra

1 teaspoon vanilla extract/essence

10 soft fresh medjool dates (stones removed)

Method

1. Pop the macadamias, cashews, coconut and cacao powder into a food processor and blitz until it looks like fine crumbs.
2. Add the vanilla and pulse until combined well.
3. With the motor running, add the dates one at a time until the mixture comes together like dough.
4. Roll the mix into small bite-size balls and refrigerate (it helps if your hands are slightly wet, so keep a bowl of cold water nearby to dip your hands in).
5. Keep protein balls in an airtight container in the fridge for up to 1 week.