

Protein power balls

Preparation time: 15 minutes

Ingredients

- ½ cup nuts – walnuts / almonds / cashews
- 1 cup shelled hempseeds (or replace with other nuts or seeds)
- 1 cup almond / peanut butter
- 1 – 2 tablespoons maple syrup
- 1 tbsp. cacao powder (+ more for coating if desired)
- ½ tsp flaked sea salt (optional)

Method

1. Place the nuts and hemp seeds in a food processor and blend to a crumb
2. Add remainder of ingredients and blend until pliable dough is formed
3. Roll 1 tsp mixture into a ball and continue with rest of dough. Roll finished balls in cacao powder or nibs for additional flavor and nutrition
4. Store in fridge or freezer

Most power balls and similar snacks use large amounts of dried fruit to add natural sweetness and to 'stick' the mixture together. While dried fruit provides fibre and some minerals, it is also high in natural sugars – up to 65% sugar in the case of dates. These power ball options are only sweetened with a small amount of maple syrup and a lower sugar option.