

Emma Sutherland N.D.BHlth Sc (CompMed) MATMS, MNHAA

Protein Balls

I adore these protein balls for a quick pick-me-up between clients or when I come home, am starving and dinner is still an hour away. They are high in protein, calcium and zinc therefore perfect for the kids – just roll small ones for them. Playing in the kitchen and learning how to make healthy snacks is paramount and they love making these balls. Especially when you give them zany names!

Ingredients

35 pitted dates
1 tbsp coconut oil
1 1/2 cup cashews
½ cup almonds
¼ cup chia seeds
¼ cup sesame seeds
¾ cup quinoa flakes
¼ cup desiccated coconut
4 tablespoons tahini, unhulled
Water – enough to make a consistency that can be rolled

Superfood Additions – choose one

1/3 cup raw Cacao powder – yummy chocolate version, high in magnesium
2 tbsp spirulina – high in B12
2 tbsp Acai – high in antioxidants
2 tbsp Goji berries – high in antioxidants
Maca – great for supporting female hormones

Instructions

1. Add about 35 dates, almonds, cashews & tahini to food processor with coconut oil and blend till a paste like consistency
2. Combine dry ingredients in a separate bowl – chia seeds, sesame seeds, quinoa flakes, desiccated coconut and Superfood
3. Slowly add dry ingredients to wet mixture, mixing with your hands as you go. You need it at a consistency that will hold the dry ingredients together, so you may need to vary quantities as you see fit. Add water as required
4. Roll into balls approximately 35 grams each and coat in your choice of toasted sesame seeds, desiccated coconut or chia seeds
5. Store in freezer in zip lock bags in portions of 2 per serve