

WHO DARES SLIMS - RECIPE

Chocolate Protein Balls



Tips

The exact measure of each ingredient can be changed based on the flavour and texture you prefer. The only thing you need are enough dates to ensure it rolls into a ball and stays that way!

Roll them in coconut flakes if you don't want them chocolatey.

Ingredients

- 50g sesame or sunflower seeds
- 50g whole almonds
- Handful of porridge oats
- 6 medjool dates
- 1 tbsp chia seeds
- 1 tbsp ground flaxseeds
- 1 tbsp protein powder of choice (we chose a chocolate flavoured one)
- 2 tbsp of peanut (or almond) butter
- A splash of water (If too thick)
- 1 bar or >70% Cocoa dark chocolate

Preparation

1. Place all items (except the peanut butter) into a food processor and blitz until a coarse grain, then transfer into a large bowl.
2. Mix the peanut/almond butter and the water in to the mixture and work with your hands until you get a dry-ish paste.
3. Roll the mixture roughly to the size of a golf ball and place in the fridge to set.
4. Melt the dark chocolate in a bain-marie.
5. Dip the chilled balls into the chocolate mixture and set back into the fridge to set.
6. Enjoy!