

Mocha Energy Protein Balls

Ingredients:

2 cups almonds (you can use cashews)
1 cup pitted dates
1/2 cup ground coffee
2 Tbsp raw natural cocoa
1/4 cup ground flax
3 scoops protein powder
1 Tbsp vanilla extract
1/2 Cup Water

Directions:

Place all ingredients, excluding the water, into your food processor.
Blend until smooth.
Slowly add the water pulsing as the consistency thickens like dough.
Place ingredients into a bowl and refrigerate for a couple hours (this makes the mixture less sticky to handle).
Remove from fridge and roll into 1 inch balls.

Store in fridge. Once serving for a snack is 2-3 balls.

** To speed up the process, I don't roll these into balls. I press them by hand into a glass or ceramic baking dish and then cut into bite-sized pieces.*

Chocolate Cranberry Truffle Protein Balls

Ingredients:

2 cups cashews (or almonds)
1 cup of pitted dates
3 scoops of protein powder
1 Tbsp vanilla extract
1/4 cup ground flax (optional)
1/4 cup water
1/3 cup dried unsweetened cranberries
1/4 cup cocoa powder (for rolling)
1 Tbsp cocoa powder

Directions:

Add cashews to your food processor and blend until it is flour.
Add your 3 scoops protein powder and 1/4 cup ground flax. Pulse until blended.
Add the vanilla extract, 1 Tbsp cocoa powder, dates, and water. Blend until dough texture.
Remove the dough from the food processor and place in a bowl.
Hand mix cranberries into mixture.
Place in the fridge for 10-15 minutes before rolling will help it to be less sticky for rolling.
Roll into 1 inch balls.
Roll protein balls in cocoa until completely covered.

Store in fridge. Once serving for a snack is 2-3 balls.

** To speed up the process, I don't roll these into balls. I press them by hand into a glass or ceramic baking dish and then cut into bite-sized pieces.*

Recipes modified slightly from <http://www.damyhealth.com/2011/05/blueberry-muffin-cranberry-truffle-cherry-pie-protein-balls/>