



the healthy chef

PROTEIN POWER BALLS

THIS HAS IT ALL!

By Teresa Cutter - "The Healthy Chef"[®]



Boil dates + water until soft and evaporated. Cool.
Mix with LSA, protein, coconut, cocoa + tahini in a food processor. Divide into walnut-sized balls and roll in coconut. Store covered in the refrigerator and enjoy!

Gluten free
Low GI
Protein
Omega 3

Serves 1
500 g dates
1 cup water
200g LSA (linseed – sunflower seed – almonds)
3 scoop Bsc caramel protein powder
150 g desiccated coconut
2 tablespoons cocoa powder
2 tablespoons tahini

More of Teresa's recipe's can be found at:
www.thehealthychef.com.au / www.teresacutter.com



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