

## EASY PICK-ME-UP PROTEIN BALLS



MINUTES TO PREPARE  
5



MINUTES TO COOK  
30 to soak and  
30 to chill



MAKES  
16

### INGREDIENTS

**200g pitted dates**, soaked in water  
for 30 minutes

**100g pecan nuts**

**100g dried apricots**

**100g oats** (I use gluten-free)

**2 tablespoons pumpkin seeds**

**1 1/2 teaspoons cocoa powder**

**1/4 teaspoon cinnamon**

**1/4 teaspoon ground ginger**

**1 heaped teaspoon psyllium husk**  
(optional)

**3 tablespoons desiccated coconut**  
for rolling

You will need a food processor.

### LET'S GET COOKING

- 1 Drain the dates and place in the food processor. Add all of the other ingredients and blitz to a smooth paste. Pour into a bowl and place in the fridge for at least 30 minutes.
- 2 Once firm, roll into small balls. Place the desiccated coconut on a plate and roll the balls in the coconut to cover lightly.

Eat and enjoy!

*"In 2017, I was diagnosed with Excessive Daytime Sleep Disorder (also known as Narcolepsy). I've been quite sleepy all my life, and like so many others, I can get really sleepy after lunch. I didn't like being on the medication full time so, as well as following a good sleep routine (in bed by 10pm!), I use food to fuel my body healthfully to combat the afternoon slump. From listening to others' stories, I understand that this resonates with many, many people. The 3pm slump is a common thing as are bodies use energy to process lunch and are looking to recharge for the rest of the day. I find these mini balls of greatness are simply that... great! The oats and nuts keep my energy high and the GI low, the dates, apricots and cocoa add natural sugars, the psyllium husk is fantastic for the gut, and the ginger, cinnamon and coconut add flavour whilst giving their own nutritional benefit. I love being able to make my own protein balls as they save me money, are freshly made, and I know exactly what's in them. It's a win win for sure!"*