

## PROTEIN BALLS #3



MINUTES TO PREPARE  
20



MINUTES TO COOK  
3



MAKES  
24

### INGREDIENTS

**25g oats**  
**2 tablespoons Psyllium husk**  
**1 1/2 teaspoons ground cinnamon**  
**1/2 teaspoon ground ginger**  
**50g desiccated coconut**  
**100g Pecans**  
**200g Dates**  
**100g Apricots**  
**3 tablespoons cocoa nibs**  
**3 tablespoons cold water**

*You will need a small baking tray and a food processor or blender.*

### LET'S GET COOKING

- 1 Preheat the oven to 180/350/gas 4.
- 2 Lay the pecans and coconut on a baking tray. Bake in the oven for 3 minutes (top tip: set an alarm!)
- 3 Meanwhile, place the oats, psyllium husk, cinnamon, ginger, dates, apricots and cocoa nibs in the food processor. Blitz for 2 minutes to a course paste.
- 4 Add the baked pecans and desiccated coconut. Blitz again.
- 5 Add 1 tablespoon of water. Blitz again.
- 6 You should be able to bring the mixture together with your finger tips. if it is too dry and crumbly, add another tablespoon of water until you have a mix that binds.
- 7 Wash your hands well. Take a teaspoon's worth of mixture and carefully roll into a ball using your fingers and palms of your hands. Repeat until all of the mixture is used.
- 8 Keep in a sealed bag or container for up to 2 weeks.

*"Creating protein balls have become a bit of an addiction of mine. I simply love how a blend of gorgeous, tasty, nutritious ingredients come together and form such a beautiful, wholesome and healthful snack. I feel lost without them! A great snack when you are for on the go as they are made from ingredients with a long shelf life and don't need to be refrigerated. Loaded with nutrients and health benefits, these little nibs are low in sugar and a great alternative to chocolate. A win win if you're a chocolate lover!"*

*I've kept the spice fairly light here so that you just get a hint of ginger and cinnamon. Feel free to play around with the quantities if you'd like more of a kick. A pinch of chilli or Maldon sea salt would be a lovely addition"*