



Cookie Dough Protein Balls

A RECIPE BY LANCHANA GREEN

Ingredients

- 50g vanilla whey protein
- 4 tbsp milk (I've used cow's/almond milk both work)
- 2 tbsp almond butter
- 2 tbsp ground almonds
- 2 tbsp coconut flour
- chocolate chips

Makes approx 8 balls.

Directions

- Mix together the vanilla whey, almond butter, ground almond and coconut flour then gradually add milk, you may need more or less depending how thick the almond butter is.
- It should be soft but not too sticky, add a little more dry ingredients if so.
- Divide into 8 balls then push the choc chips in. Chill in fridge.

PROTEIN: 8G FATS: 8G CARBS: 4G CALS: 115 PER SERVING