



# *Protein Tuffle Balls*

A RECIPE BY LANCHANA GREEN

## *Ingredients*

- 25g dark chocolate
- 2 tbsp coconut oil
- 50g whey protein (I use vanilla for everything)
- 1 tsp cocoa powder (plus a little more for dusting)
- 3 tbsp milk
- 1 tsp sugar (optional, I've made with and without as I found the vanilla whey helped sweeten)
- shredded coconut to coat in (optional)

Makes approx 24 small balls.

## *Directions*

- Melt the chocolate and coconut oil over a low heat then allow to cool completely.
- Once cooled, combine with the other ingredients.
- Mix well then leave in the fridge for about an hour.
- To make the balls, scoop out a teaspoon at a time and roll into a ball then dust with cocoa...or shredded coconut!
- Keep in the fridge.

Make the balls small as they are quite rich.