

Power Protein Balls



PREP TIME:
5 MINUTES

ROLL TIME:
15 MINUTES

TOTAL TIME:
20 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 30 Servings

Ingredients:

- 2 Cups Gluten Free Rolled Oats
- 1 ½ Cup Ground Flax Seed
- ¼ Cup Chia Seeds
- ¼ Cup Organic Pure Maple Syrup (Grade A or Grade B)
- 4 Medjool Dates (pits removed)
- ¾ Cup Almond Butter (I did ½ creamy ½ crunchy)
- ¾ TSP Pure Vanilla Extract
- 2 TBSP Water
- ¾ TSP Himalayan Sea Salt
- ½ Cup Dark Chocolate Chips (Recommend Enjoy Life Brand)

Instructions:

1. In regular size food processor add oats, flax seed, chia seeds and pulse until blended.
2. Add syrup, dates, almond butter, vanilla, 1 TBSP water, sea salt and chocolate chips.
3. Pulse until combined and clumps together. Be sure chocolate chips chop up so not full sized.
4. If too loose and won't form a ball, add the other TBSP of water.
5. Roll into small 1" - 2" size balls.
6. Store in freezer and set aside at room temperature a few minutes before serving.

***Try and use all organic ingredients if possible.**