

How to make protein balls



You will need:

Measuring scales, chopping board, knife, food processor (not essential), mixing bowl

Ingredients:

100g dates (pitted)
50g Peanut butter (no added sugar)
Pinch of cinnamon
1 teaspoon vanilla essence
50g pumpkin seeds

Step 1.

Weigh out the dates making sure that the stones are all removed. Roughly chop the dates into chunks and put into a large mixing bowl. You will need to chop finely if you don't have a food processor.

Step 2.

Add the peanut butter to the bowl along with the cinnamon, vanilla essence and pumpkin seeds.

Step 3.

If you have a food processor, tip all of the ingredients into the processor and mix for around a minute. If you don't have a processor, mix thoroughly by hand.

Step 4.

Once mixed, used clean hands to shape into small balls. This mix should make around 12. Once formed into balls, freeze for 20 minutes to harden then store in the fridge for up to 2 weeks.