



Choc Mint Protein Balls

These protein balls are a great healthy alternative for the chocolate mint lover. With just over 2g of sugar per ball along with protein and essential fatty acids, these little gems will satisfy your chocolate craving minus the sugar rush. Plus, the added benefit of tahini being very high in calcium, iron and other important vitamin and minerals, this recipe is a yummy treat rich with nutritional goodness.

- Family friendly
- Gluten free
- Grain free
- Dairy free
- Vegetarian friendly
- Vegan Friendly
- Dessert
- Cooking with Kids
- Weight loss friendly
- Lactose Free
- Freezable
- Sweet Treat
- Snack

Preparation time: 15 mins

Cook time: 0 mins

Makes: 14 -16 balls

Ingredients

- 1 cup almond meal
- 1/2 cup black tahini
- 2 tbs cocoa powder
- 1 tbs cocoa nibs
- 1 scoop of protein powder, we use Shake It Chocolate however you may choose a soy or pea based protein
- 2 tbs of honey or maple syrup (the balls aren't overly sweet so you may like to add a little more)
- 2-3 teaspoons of mint oil (depending on how minty you like it)
- 1 tbs of coconut oil
- Pinch of salt
- Sesame seeds for coating

Instructions:

1. Mix all the ingredients in a large bowl until well combined (except for the sesame seeds)
2. Roll balls the size of a golf ball or slightly smaller
3. Coat with sesame seeds
4. Put in the fridge and enjoy