

Healthy Balls

Wednesday, May 16, 2018 9:44 PM

Source: Mike Geary's Truth about Abs Blog

<http://www.truthaboutabs.blogspot.ca/2013/06/amazing-healthy-dessert-or-snack-recipe.html>

Adapted from Danette May's Healthy Cookie Dough Balls:

<http://truthaboutabs.blogspot.ca/2013/03/healthy-cookie-dough-balls-recipe-yum.html>

| Amount | UOM | Ingredient | Notes or Substitutes |
|--------|--------|---|--|
| 12 | Ounces | Almond Butter, Cashew Butter or Peanut Butter | |
| 1/4 | Cup | Real Maple Syrup | Grade B has more nutrients than Grade A |
| 2 | Cups | Hazelnut Flour or Almond Flour | |
| 1/2 | Cup | Organic canned Coconut Milk | |
| 1/3 | Cup | Chia Seeds | Run in a coffee/spice grinder till fine. |
| 1 | Tsp | Vanilla | |
| 2-3 | Scoops | Chocolate or Vanilla Biotrust Whey Protein | Kaizen grassfed Chocolate Protein Powder |
| 2 | Tbsp | Organic Cocoa Powder | |
| 1/3 | Cup | Cacao Nibs | Carob Powder |
| 1/3 | Cup | Dark Chocolate Chips (70% Cacao or higher) | |
| 1 | Tbsp | Cinnamon | |
| 1 | Pinch | Salt | Himalayan Sea Salt |
| | | | ADDED: Hemp Hearts, Toasted Coconut |

1. Place all ingredients in a large bowl. Mix well.
2. Roll into 1 inch balls. Optional: Roll balls into toasted Coconut. Lay out on wax paper lined plates or cookie sheet.
3. Place in the freezer. Once frozen, transfer all the balls into a Tupperware container and keep in the freezer until you need a healthy sweet treat.