



Vegan Protein Balls

Mango, Apricot, Coconut and Almond

120g dried mango slices
60g dried apricots
40g raw almonds
10g moist coconut flakes
maple syrup as required

Dates, Prunes, Dark Chocolate, Oats and Chia

80g pitted dates
100g prunes
30g quality dark chocolate
30g oats
10g moist coconut flakes
chia seeds to coat

Method

Place hard ingredients into a food processor and pulse until grainy. Add remaining ingredients and mix until all ingredients are ground down. Remove mixture from food processor and divide into balls. If mixture is sticky, coat in chia seeds or coconut flakes.