

Coconut Protein Balls



5 from 1 reviews

No Bake Coconut Protein Balls with dates are easy to make in 20 minutes in one bowl and are a perfect snack with 5 grams of protein.

- **Author:** Olena of ifoodreal.com
- **Prep Time:** 20 minutes
- **Total Time:** 20 minutes
- **Yield:** 27 balls



Ingredients

- 3 cups Medjool dates, pitted
- 1 1/2 cups almonds
- 1/2 cup water
- 2 tbsp cacao powder
- 4 scoops (120 g) [whey protein powder, unsweetened](#)*
- 1/4 cup dark chocolate chips
- 1/2 cup coconut flakes, unsweetened

Instructions

1. In [a food processor](#), add almonds and process until coarse flour (meal) texture (with bigger pieces is OK). Add dates and water, process until combined, pausing and scraping the walls if necessary.
2. Add cacao and protein powders, process until well combined, pausing and scraping the walls if necessary. Add chocolate chips and give a few pulses to distribute evenly.
3. Remove the blade. Using spatula scrape the dough off of the blade and walls pulling into one pile inside the food processor bowl.
4. Spread coconut flakes on a large plate. Using small cookie dough scoop, drop balls of dough onto it, cover with coconut flakes (from the plate) and gently roll around a bit.

Store: Refrigerate in [an airtight container](#) for up to 1 week or freeze for up to 3 months.

Notes

I used unflavoured protein powder. You can use vanilla or chocolate (you might have to skip on cacao powder then).

I ran out of dates and subbed some with dried apricots. It works!

★ Did you make this recipe? Please give it a star rating in the comments.

Nutrition Facts

Serving Size 1 ball

Serves 27

Amount Per Serving

Calories 108

% Daily Value*

Total Fat 3.9g 6%

Cholesterol 0mg 0%

Sodium 5.1mg 0%

Total Carbohydrate 15.7g 5%

Sugars 12.6g

Protein 5.2g 10%

Vitamin A 0% Vitamin C 0%

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