

PEANUT BUTTER, BANANA & CHOC PROTEIN BITES

These are a crowd pleasing, post workout, pre workout, any time of the day, little sweet treat which will help to satisfy the need for a sugar boost when that slump hits. The best thing about these is that not only are they super easy to make (a bowl and a fork is pretty much all you need) but they are dairy free, gluten free, a good source of protein, B12, omega 3, fibre and healthy fats.

Recipe Makes: 10 Servings

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BASE

65 g Coconut Flour
50 g Vanilla Protein Powder (banana also works)
10 g Maca Powder (optional)
15 g Chia Seeds
60 ml Coconut Milk
3 tbsp Peanut Butter

TO FILL

Handful of Dried Banana Chips

TO COAT

80 g Dark Chocolate

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- Place all the ingredients for the base into a bowl and mix well using a fork until smooth.

- Divide the mixture by 10, add a banana chip (or whatever your choice of filling is) to the middle of each, roll into balls and refridgerate until set – this should take about 15 minutes.

- Melt the chocolate over a bain marie or in the microwave, dip each ball in to coat and place onto a lined baking tray to firm up.

- Repeat until each protein ball is covered.

- Place the tray into the fridge for another 15 minutes or so until set.

- These will stay good in a sealed container for up to a week (I personally haven't tried how they taste over a week because they never last that long).