

**thermomix**

**VORWERK**

Protein Balls (Nut Free)

TM 6

Total: 1min

Preparation: 1min

15 piece(s)

easy

## Ingredients

Protein Balls (Nut Free)

- 60 g pitted dates
- 40 g dried apricots
- 30 g Pepita
- 2 tablespoons cacao powder, organic
- 2 tablespoons chocolate protein powder
- 2 tablespoons tahini
- 2 tablespoons Rice malt syrup
- 30 g sunflower seeds
- 1 tablespoons coconut oil
- 3 tablespoons Desiccated Coconut
- 80 g rolled oats

## Preparation

### Nut Free Protein Balls

1. Add Sunflower seeds, pepitas, rolled oats, cacao and protein powder, spd 10, 10 secs. Reserve in a bowl.
2. Place dates, apricots, tahini, rice malt syrup and coconut oil. spd 10, 15 secs.
3. Add reserved ingredients back to the bowl and mix together for a further 15 seconds.
4. Gently wet the outside of each ball and roll in coconut.

Makes 15

Keep refrigerated. Est protein per ball 35g

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