

Apricot Protein Balls



Ingredients

- 1 cup of pitted organic dates
- 1 cup of dried organic apricots
- 2 scoops of plant based protein powder – vanilla or coconut flavoured
- 2 tablespoons of ABC spread or almond butter
- 1 cup of raw cashew nuts
- 2 tablespoons of coconut oil
- 2 tablespoons of chia seeds
- 1 cup of shredded coconut

Method

1. Soak apricots and dates in a bowl of hot water for 30 minutes
2. Soak cashews in a separate bowl of hot water also for 30 minutes
3. Strain the water out of the cashews and discard. In a food processor or high powered blender, pulse the cashews until roughly chopped into small pieces. Place this into a mixing bowl.
4. Strain and discard water from apricot date mix. Pulse until also roughly chopped into small / medium sized pieces. This mix should look a little like a thick, chunky jam.
5. Place the fruit and other ingredients together in the large mixing bowl except the shredded coconut. Mix with your hands until consistently mixed through.
6. Roll into balls and coat in shredded coconut.
7. Refrigerate before serving.

Will keep in fridge for 1 week or freeze for up to 3 months.