

Chocolate Peanut Butter Protein Balls



A delicious protein rich snack that's super easy to make.

Recipe supplied by Bega.

Ingredients

1 cup cashew nuts
1/2 cup Black & Gold oats
2 tbsp Black & Gold cocoa powder
pinch of Black & Gold salt
6 tbsp Bega Protein Peanut Spread, smooth or crunchy
10 medjool dates, pitted
4 tbsp water

Method:

1. Place the cashew nuts, oats, cacao powder and salt in a food processor and pulse until mixture resembles coarse breadcrumbs. Add the dates and water and process until the mixture forms a ball.

2. Add a teaspoon more water if the mixture is too dry, or a sprinkle of oats if the mixture is too moist. You want to be able to roll into a ball.
3. Using damp hands, roll into 10 balls and then into the topping of your choice. Place in the fridge to set.