



PECAN PIE PROTEIN BALLS

Ingredients:

200g Pecan Halves

160g Gluten Free Oats

70g Pitted Dates

45g Desiccated Coconut

45ml Water

45g Canadian Pure Maple Syrup

35g Golden Syrup

30g Whey Powder

12.5g Golden Linseeds

2.5g Maldon Sea Salt

2.5g Ground Cinnamon Spices

Method :

- 1.** Soak the dates in water and cover them completely.
- 2.** Toast the pecan nuts and desiccated coconut about 140 degrees for 10-15 mins.
- 3.** Chill the pecan nuts and blitz to a coarse mix then blitz the gluten-free oats.
- 4.** Drain the dates and blend to a smooth paste along with the linseeds and pecan nuts.
- 5.** Combine the peanut butter, blitzed oats, whey protein, desiccated coconut salt, cinnamon, maple, water and the blended mix of linseed, dates, pecans.
- 6.** Roll out into 20g balls and leave in the fridge to set.