

# cacao, coconut, lime protein balls

*(Fructose Free)*



**Makes approximately 42 balls**

When you hit your 50's plus you might start to feel like your muscles have done a disappearing job! So this is a great time to start boosting your protein levels.

The beauty of **cricket protein powder** -

- It's a whopping 69% protein
- Compared with other animal sources that are about 26% protein
- AND plant protein that's about 13%!

So give these super yummy balls a go. If you have a problem digesting fructose, these are the perfect high protein, no fructose (sucrose) snack! Be warned though - they're highly addictive!

## **Ingredients:**

1 cup Almond butter or Tahini

¼ - ½ cup Rice Malt Syrup (there's no fructose in this)

4-6 Tblsps of Coconut oil (melted)

½ cup Grilo Chocolate Protein Powder

Juice and zest of 1.5 - 2 juicy limes (there's no fructose in lime)

1 cup finely chopped nuts - your choice!

*Mix All Of The Above Together First.*

## **Then Add:**

½ cup organic Cacao nibs

½ cup organic Chia

¼ - ½ cup organic Maca powder or Cacao powder (not Cocoa)

½ cup organic Almond meal

½ - ¾ cup organic shredded Coconut

## **Putting It Together Tip!**

- You can play around with the ingredients BUT don't add any dried fruit as it's loaded with fructose!
- Also have a play around with the measurements. Don't get too hung up on being exact, as most brands of products will have a slightly different consistency.
- Plus if you want something more 'chocolatey' you can add more Grilo Protein Powder or more Cacao.
- You're aiming for balls that hold their shape and aren't too gooey.
- Roll into small balls and keep in the freezer. It stops you eating too many of them! Just take out a couple at a time.

*Enjoy!*

*Elaine*