



SALTED CARAMEL PROTEIN BALLS

This weeks recipe of the week comes from local recipe creator Meg Phillips. A protein rich snack ball combining Pea Protein Isolate powder with the flavours of vanilla, caramel, coconut and chocolate. Super delicious, easy to make and packed with nutrition. Enjoy.

Ingredients:

2 cups of raw cashews

1 1/2 cups of desiccated coconut

A pinch of pink Himalayan Salt

1/8 teaspoon of vanilla bean powder

3 tablespoons of pea protein isolate powder

1/8 mesquite powder (optional)

3 tablespoons of Loving Earth Organic Buckinis OR hulled buckwheat groats

1 cup pitted dates

1/2 cup raisins

1 tablespoon coconut oil

50g Loving Earth Salted Caramel Chocolate (optional) (in-store only)

Method:

Soak the dates and raisins in hot water for 10 minutes.

Meanwhile, using a high speed blender or food processor, process the coconut and cashews until a fine meal is formed.

Transfer this to a bowl and add the salt, pea protein, buckwheat and mesquite (if using).
Drain the dates and raisins and add to the blender with the coconut oil. Process until smooth.
Add this to the mixture you have prepared and mix until a dough forms.
Roll into balls and place in the fridge or freezer to set for around 30 minutes.

Optional: Melt the Loving Earth salted caramel chocolate over a low heat and drizzle over the top of the balls. Place back in the fridge or freezer to allow the chocolate to harden.

Gluten Free | Dairy Free | Vegan