



# *Lemon Coconut Protein Balls*

*A treat full of goodness*

## *Ingredients*

1 cup pitted dates  
(if they are dry, soak in hot water for about 15 minutes to soften)  
¼ cup vanilla protein shake mix  
1 cup cashew pieces  
1 cup unsweetened shredded coconut  
¼ cup chia seeds  
Zest of 1 lemon  
Juice of 1 lemon  
½ tsp sea salt

Add dates to food processor and process until broken up into pea-sized bits.  
If your dates are not sticky, be sure to soak them in hot water for 15 minutes to soften and then drain.

Add vanilla protein mix, cashews, coconut, and chia seeds and process until well combined.

Add lemon zest, juice, and sea salt and process for 1 more minute until dough comes together into a large ball (add a tablespoon of warm water if needed). The dough will be a bit of a sticky mess.

Roll into balls and place on wax paper lined pan. This recipe will make about 24 walnut sized balls. Put in freezer for 15 to 30 minutes until firm.

To make it extra fancy – dip in chocolate or vanilla coating.

Store in an air-tight container in the fridge.

