



Vanilla Matcha Protein Balls

5 servings

15 minutes

Ingredients

3/4 cup Cashews
 1/2 cup Walnuts
 1/2 cup Pitted Dates
 2/3 cup Vanilla Protein Powder
 1 tsp Coconut Oil
 1 1/2 tsps Green Tea Powder
 1/3 cup Water

Nutrition

Amount per serving	
Calories	289
Fat	19g
Carbs	20g
Fiber	3g
Sugar	11g
Protein	15g
Cholesterol	2mg
Sodium	23mg
Vitamin A	1IU
Vitamin C	0mg
Calcium	88mg
Iron	2mg
Selenium	7µg

Directions

- 1 Add the cashews and walnuts to a food processor and pulse until you get a coarse crumble. Add the dates, protein powder, oil, and green tea powder and pulse again until the mixture starts to come together.
- 2 Add the water one tablespoon at a time and pulse until the mixture becomes sticky and holds together when you squeeze it between your hands. You may not need all of the water. The type of protein powder used will affect this.
- 3 Use a one-inch cookie scoop or use a regular teaspoon to scoop out the batter and roll it in your hands to create a ball. Continue until you have used up all of the batter. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week.

Serving Size: One serving is approximately four energy balls.

Additional Toppings: Roll the balls in unsweetened shredded coconut.