

CASHEW, COCONUT & LEMON ENERGY BALLS

A healthy recipe by THE HEALTH BOOST



INGREDIENTS

MAKES 15-20

- 1.5 cups cashew nuts
- 2 tbsp melted coconut oil
- 1 cup desiccated coconut
- Zest of 2 lemons
- Juice of 1 lemon
- 4 tbsps maple syrup
- 1/2 tsp turmeric
- Pinch black pepper
- 1 tbsp pea protein powder (or protein powder of choice)

METHOD

PREP TIME 5MINS
SETTING TIME: 1HR

1. Put all ingredients (except protein powder) in your food processor and process until smooth and fully combined.
2. Add protein powder and whizz some more
3. Your mixture should be easy to roll into balls with your hands.
4. Roll into balls and then in extra coconut to coat and place on a sheet in the fridge for an hour to 'set'
5. They will keep for up to a week in an airtight container. Can also be frozen.



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