

Quinoa cocoa protein balls

Quinoa cocoa protein energy balls are a great mix of wholegrains, healthy fats, satiating protein and most importantly the yum factor.

Quinoa is a pretty remarkable grain. It is the only grain that is a **complete protein** (i.e. it has all essential amino acids in it). Other grains (e.g. lentils, chickpeas) etc. are good sources of protein, but they lack one or more amino acids.

This recipe will make **52 balls**. And takes ~ 2hours from start to finish. The balls can be frozen as well. And if you're really wanting to add an added layer of decadence, coating the balls in dark chocolate will result in some pretty amaze-BALLS (mind the pun). Enjoy.

Nutritional breakdown
(non-chocolate coated balls):

Per Serve – i.e. per 1 ball:

Energy (kJ): 228.1

Protein (g): 1.8

Fat (total) (g): 3.0

Saturated fat (g): 0.8

Available carbohydrates (g): 4.7

Total Sugars (g): 1.9



Ingredients

1. 40g finely chopped raw almonds
2. 15g chopped pepitas
3. 15g chopped sunflower seeds
4. 1 cup raw quinoa
5. 50g Almond meal
6. 50g dates (medjool date flesh – no pits!)
7. 50g sultanas (I use green sultanas as they are not as sweet)
8. 50g rolled oats
9. 30g skim milk powder or plant protein powder
10. 30g cocoa
11. ½ – ¾ cup water
12. 10g psyllium
13. 75g 100% natural peanut butter
14. 5g cinnamon
15. 30g melted coconut oil
16. Desiccated coconut

Method

1. Cook quinoa until fluffy and the water is absorbed (as per packet instructions). Allow to cool.
2. Mix chopped nuts and seeds into the cooled quinoa.
3. In a high speed blender, mix together almond meal, dates, sultanas, skim milk powder/plant protein powder, cocoa, oats and ¼ cup of water and blend until combined. It does not have to be smooth – just combined.
4. Add psyllium, peanut butter, cinnamon and ¼ of water and blend until combined.
5. Add blended mixture to cooled quinoa and mix well.
6. Add melted coconut oil and mix well to combine. Place mixture in refrigerator for ~ 20-30mins to set slightly.
7. Remove mixture from fridge. Take tablespoons of mixture and roll into balls. Gently coat balls in desiccated coconut.
8. Refrigerate for a few hours – ideally overnight.