

High Protein Energy Balls

submitted by elm333



Per serving: 199 Calories • 23.6g Carbs (4.6g Fiber) • 9.8g Fat • 6.8g Protein

Ingredients

Ingredients scaled to: 6 serving

- 1/2 cup, whole **Almonds** (71.5 grams)
- 1 1/2 cup **Chickpeas** (360 grams)
- 2 tbsp **Peanut butter** (32 grams)
- 1/4 cup **Honey** (84.8 grams)
- 1/2 tbsp **Vanilla extract** (6.5 grams)

Directions

Directions are based on the original recipe of 6 servings

1. Line a tray that will fit in your freezer with parchment paper. Set aside.
2. In a food processor, process the almonds until they are a fine crumb. Add the chickpeas and process until they are fully broken down. Next, add the peanut butter, honey, and vanilla and process until you have a smooth mixture.
3. Remove the blade from the processor. Roll the mixture into small balls and place on your tray. Continue until you use all the mixture; you should have around 30 balls.
Freeze for at least 20 minutes before serving.