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PREP: 55
COOK: 20
SERVES: 12

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Healthy Strawberry Protein Balls

Snack smarter with these delicious protein balls! Packed with goodness and plenty of protein, they're the perfect grab-and-go treat for busy days, post-workout cravings, or that afternoon energy boost.

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Ingredients

120g Vanilla protein powder

80g rolled oats

40g almond meal

120g Smooth almond butter (or peanut butter, cashew butter etc)

3 tbsp Queen Sugar Free Strawberry Sundae Syrup

3 tbsp almond milk (or milk of choice)

1 tbsp chia seeds

1 tsp 99% Sugar Free & Alcohol Free Vanilla Paste with Seeds

1/4 cup desiccated coconut, for rolling

4 drops Queen Natural Pink Food Colouring

Method

STEP 1

In a bowl combine the protein powder, rolled oats, almond meal and chia seeds and mix to combine.

STEP 2

Add the almond butter and Strawberry Sundae Syrup to the bowl and mix with your hands until it starts clumping (alternatively you can pulse the mixture in a food processor). If the mixture is dry and crumbly add the almond milk 1 tbsp at a time until it holds together when squeezed.

STEP 3

Press the mixture together into a ball and refrigerate, covered, for 20-30 minutes so it firms up and is easier to roll.

STEP 4

While the mixture is chilling, colour the coconut by placing the coconut in a small bowl and add the food colouring, one drop at a time, rubbing the coconut with your fingertips until it is an even shade of pink.

STEP 5

Once the mixture is chilled, scoop tablespoon-sized portions and roll into 12 balls. Roll each in the pink coconut to coat. Chill again until firm then store in an airtight container in the fridge for up to a week or freeze for up to 3 months.

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