

NUT-FREE PROTEIN BALLS

Each recipe serves 12

CHOCOLATE COCONUT HEMP INGREDIENTS

- 1 cup Medjool dates
- 6 Tbls. hemp seeds
- 2 Tbls. cocoa powder
- 2 Tbls. unsweetened coconut
- 1 Tbls. coconut oil
- ¼ tsp. sea salt
- 2 Tbls. mini dark chocolate chips
- 1-3 Tbls water, if needed to thin
- Optional toppings: unsweetened coconut, hemp seeds, cocoa powder



INSTRUCTIONS

1. Pulse dates in a food processor until thick and sticky.
2. Add remaining ingredients and process until smooth. If not sticky enough, add 1-3 Tbls. water as needed.
3. Wet hands and roll dough into small balls, rolling in topping if desired.
4. Place balls on a parchment-lined plate or baking sheet and freeze 20 minutes to harden. Store in refrigerator or freezer.

APRICOT CHICKPEA INGREDIENTS

- 1 cup canned chickpeas, drained and rinsed
- 1 cup dried apricots
- 2 Tbls. unsweetened coconut flakes
- 2 Tbls. ground flaxseed, plus more if needed to thicken
- ½ tsp. vanilla
- ½ tsp. cinnamon



INSTRUCTIONS

1. Pulse all ingredients in a food processor until smooth. If too thin to create sticky balls, add 1-3 Tbls. more ground flaxseed.
2. Wet hands and roll dough into small balls, rolling in topping if desired.
3. Place balls on a parchment-lined plate or baking sheet and freeze 20 minutes to harden. Store in refrigerator or freezer.

CHOCOLATE BLACK BEAN INGREDIENTS

- 1 Can black beans, drained and rinsed
- 2 Tbls coconut nectar
- 1 Tbls. coconut oil
- ¼ cup cocoa powder
- 1 cup rolled oats
- ½ cup grated dark chocolate



INSTRUCTIONS

1. Pulse all ingredients in a food processor until smooth.
2. Wet hands and roll dough into small balls, rolling in topping if desired.
3. Place balls on a parchment-lined plate or baking sheet and freeze 20 minutes to harden. Store in refrigerator or freezer.