



Vanilla Protein Bites

Serving: 1

Veg

Ingredients

- $\frac{1}{4}$ cup finely chopped nuts (Cashew nuts ,almonds , walnuts)
- $\frac{2}{3}$ cup almond flour or coconut flour
- 2 tbsp butter
- 2 tbsp ground coffee
- $\frac{1}{4}$ to $\frac{1}{3}$ cup Vanilla Protein powder of your choice
- $\frac{1}{4}$ to $\frac{1}{3}$ cup maple syrup. (You can also use honey if maple syrup is not available.)
- **Optional- $\frac{1}{4}$ tsp each: pure vanilla extract, maple extract**

Preparation Method

- Chop nuts in food processor if they aren't already finely chopped. pulse in blender or processor to make more like a nut flour.
- Transfer into a large bowl and add in all the remaining ingredients with the honey/maple syrup being the last . Mix well and roll into bite size balls
- Coat bites (once frozen) with extra protein powder and/or coffee. Makes about 15-20 balls. Freeze or keep in refrigerator to maintain freshness.