



Protein Balls

Serving: 1

Veg

Ingredients

- **Ingredients:**
- -Red dates 120 gms
- -Half crushed almonds 30 gms/2 tbsp
- -Almond oil 2 tbsp
- -Dessicated coconut 2 tbsp
- -Cinnamon $\frac{1}{4}$ tsp
- -Elaichi powder $\frac{1}{2}$ tsp
- -Cocoa powder 2 tbsp
- -Chia seeds powder 2 tbsp
- -Alsi/flax seeds powder 2 tbsp
- -Black raisins 2 tbsp
- -Fresh Grated ginger /ginger candy 1 tbsp
- Pumpkin seeds crushed or powder - 2 tbsp
- Sunflower seeds crushed or powder - 2 tbsp

Preparation Method

- Crush dates in a mixer.
- Add all the above ingredients. Mix it thoroughly. Make small balls(lemon size) .