



Spin Your Own Axis

Chocolate Raspberry Protein Energy Balls

I love this protein energy ball recipe. I have made this my to-go pre-workout snack recently. While, in search for new foods to switch things up a bit in my nutrition, I found **Energy Balls** are super easy and filling which also happen to contain the nutrients we need to properly fuel our body to get it ready for a workout.



- **Prep Time:** 15 minutes
- **Cook Time:** 2 hours (You can leave in the fridge, so not work needed from you)
- **Total Time:** 2 hours 15 minutes
- **Serving:** 5

Ingredients

- 2/4 cup raspberries
- 1 tbsp. Turkish Honey or any sweetener of your choice
- ¼ tsp. of Cinnamon
- ½ tsp. of Nutmeg
- 1 tbsp. of Vanilla Extract
- 1 cup of old fashion Oats
- ¼ cup pitted dates, chopped
- ¼ cup of Almonds
- 100g of Chocolate protein powder
- 3 oz. of Almond Milk
- 2/4 cup coconut flakes

***Makes 10 balls.

Instructions

1. Place raspberries in a large bowl.
2. Use a potato masher or the back of a wooden spoon to extract the juice of the raspberry.
3. Next step is, add all ingredients into the large bowl with the raspberries, except for the almonds and coconut flakes.
4. Take your ¼ cup of Almonds and place in a Ziploc bag, make sure the Ziploc is secure and no air is preserved inside the bag, then begin crushing the almonds until you have created a ground consistency.
5. Once you have completed step 4, add crushed ground almond to the bowl, where all other ingredients have been placed and begin to mix thoroughly.
6. Go ahead and refrigerate mixture for at least an hour to hour-and-a-half.
7. Once mixture has been refrigerated and mixture has firmed up, divide mixture into 10, and begin rolling into balls.
8. Add coconut flakes into a plate, so that once you are done creating the 10 protein balls, you can go ahead and cover each ball evenly in the coconut flake to add an even coating.
9. Finally, and last step, store all ten balls in an airtight container and refrigerate for another 1-2 hours, your choice.
10. For the Almond, you can use a blender or processor instead of Ziploc method; this will allow you to have a more fine consistency. This recipe is flexible, feel free to add any other fruit of your choice. In my household, we love Raspberries and Mango!

Nutrition Facts

- **Serving Size:** 1/10
 - **Carbohydrates:** 9g
 - **Fat:** 1g
 - **Protein:** 7g
 - **Fiber:** 5g
- Calories:** 96
Sodium: 150g
Sugar: 16g
Iron: 5%