

# No bake vanilla energy balls



**DYNAMIX**  
HEALTH & FITNESS

60g soft pitted dates  
60g walnuts  
110g ground almonds  
30g vanilla flavour whey or rice  
protein powder (optional)  
a small pinch of sea salt  
2 tsps vanilla extract  
20g desiccated coconut (optional)

**MAKES 10 BALLS**

Line a baking tray with baking paper.

Place the dates and walnuts in a food processor or blender and blend into a thick paste.

Transfer to a large bowl. Add the ground almonds, protein powder (if using), salt and vanilla extract and stir well to combine. Add a small splash of cold water and mix with your hands to combine into a thick paste. Refrigerate for 10 minutes.

Roll the mixture into 10 balls and place onto the baking paper.

Roll each ball in the coconut (if using). Refrigerate for 1 hour or until firm. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 5 days or freeze on same day for up to 2 weeks.*



PER BALL:  
147 Calories  
**6g Carbs**  
**6g Protein**  
**11g Fat**