

Sunbutter Pumpkin Protein Balls

10 SERVINGS 10 MINUTES



INGREDIENTS

1/4 cup Coconut Flour
2 tbsps Vanilla Protein Powder
1/4 cup Sunflower Seed Butter
1/4 cup Pureed Pumpkin
1 tbsp Oat Milk (unsweetened, plain)
1/4 cup Hemp Seeds (for coating, optional)

DIRECTIONS

- 01 In a mixing bowl, combine the coconut flour, protein powder, sunflower seed butter, pumpkin, and oat milk. Mix well until a firm batter forms. Add more oat milk one tablespoon at a time if the mixture is too dry/crumbly.
- 02 Form the dough into one-inch balls. Repeat until all the dough is used up. Firmly roll each ball in a small bowl of hemp seeds to form a coating (optional). Store in the fridge or freezer until ready to enjoy.

NUTRITION

AMOUNT PER SERVING

Calories	81	Carbs	4g
Fat	6g	Protein	4g