

Pic's

PIC'S PEANUT BUTTER PROTEIN ENERGY BALLS

Makes 10 small balls

- 80g Pic's peanut butter
- 50g Coconut Oil (melted)
- 40g Protein Powder (Natural or Vanilla)
- 50g Honey (use Maple Syrup for vegan alternative)
- 40g Sultanas (Raisins or Cranberries)
- 50g Ground Almonds
- 50g Desiccated Coconut (plus extra for rolling in)
- 20g Chopped Peanuts

Easy as method. Put everything into a bowl a mix. Roll into your desired size ball, roll in extra coconut and refridgerate until firm. If mixture is too runny – put in fridge for 30mins before rolling.

You're welcome!



Coffee
Culture.