



## **Shane's Protein/Energy Ball Recipe**

**(These are a great in-race snack)**

Macros: 130 Calories; 5g Protein; 19g Carbs; 5g Fat

### **Ingredients**

1.  $\frac{1}{2}$  cup almonds
2. 1 tablespoon pumpkin seeds
3. 1 tablespoon chia seeds
4. 1 tablespoon cinnamon
5. 1 tablespoon ginger
6. 1 tablespoon turmeric
7. 1 tablespoon cocoa powder
8. 1 scoop whey protein (isolate is best)
9. Dash of sea salt
10. 2 cups pitted medjool dates
11. 1 tablespoon vanilla extract
12. 1 tablespoon lemon juice

### **Directions**

- Place ingredients 1-9 in a blender and blend until nuts or chopped well and everything is a fine powder. Set aside in a bowl
- Put pitted dates in a blender and blend until chopped up
- Put nut/spice mix in the blender with the chopped dates. Add lemon juice and vanilla extract
- Blend until mixed well
- Form into balls about the size of a golf ball (about 2 bites per serving)
  - Makes approximately 16 balls