



SHANE'S PROTEIN / ENERGY BALL RECIPE

(These are a great in-race snack)

130 Calories | 5g Protein | 19g Carbs | 5g Fat
Per Ball - Makes ~16 Balls



INGREDIENTS

- ½ cup almonds
- 1 tablespoon pumpkin seeds
- 1 tablespoon chia seeds
- 1 tablespoon cinnamon
- 1 tablespoon ginger
- 1 tablespoon turmeric
- 1 tablespoon cocoa powder
- 1 scoop whey protein (isolate is best)
- Dash of sea salt
- 2 cups pitted medjool dates
- 1 tablespoon vanilla extract
- 1 tablespoon lemon juice

DIRECTIONS

- Place ingredients 1-9 in a blender and blend until nuts are 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