



LEMON PROTEIN BALLS

DF | GF | V | VG | P | 694 KJ/166 CAL PER BALL

Recipe by Sally Obermeder & Maha Koraïem

Cook Time 15-20 minutes | Makes 12

(plus an hour to set in the fridge)

We are sooo excited that our latest book, SUPER GREEN, SIMPLE AND LEAN, is finally here! In it, we share our favourite and all-new recipes designed to help you get lean, gain more energy and feel amazing.

All the recipes stay true to our ethos that healthy eating can be fast, easy and best of all, oh so delicious!

Ingredients

155g raw cashews
90g desiccated coconut, plus extra for coating
Zest and juice of 2 lemons
1/4 teaspoon vanilla bean paste
2 tablespoons vanilla protein powder
2 tablespoons rice malt syrup

Method

Line a baking tray with baking paper. Put all the ingredients into a food processor and blend until you get a sticky mixture.

Shape the mix into balls. Roll the balls in the extra desiccated coconut and set them out on the prepared tray. Transfer to the fridge to set, about 1 hour.

To get the real lemon flavour, these are best consumed at room temperature. They will keep for a few days, stored in an airtight container in the fridge.



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