



Bounty protein ball

RECIPE



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My bounty ball recipe is the most viewed recipe on my blog so I thought you could have it for your fridge door or share it with a friend.

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www.alyharte.com

Ingredients

- *1 cup rolled oats
- *2/3 cup raw cashews
- *1/3 cup coconut oil
- *4 dates chopped
- *1 tsp maple syrup
- *3 tbs desiccated coconut



Method:

In processor combine rolled oats and cashews until finely chopped.

Add in rest of ingredients and whizz.

Using wet hands form into balls!

Refrigerate

Makes approximately 10