

## Almond and Lupin Balls

Function – nutritional fortification, binder, stabiliser

There are a huge range of protein or energy balls and bites available on the market, with sales showing steady growth that is projected to continue. They make a great on-the-go protein-packed snack before or after exercise, or delicious treat anytime.

Nut butter makes an ideal base – soft and silky smooth on the inside and smothered with decadent dark chocolate.

Simple recipes are always the best but adding 6% of BP80F

takes this to the next level nutritionally, with the benefit of increased satiety. Just 2 balls equates to a good serve of protein.



Ingredient	Quantity [g]
Almond butter (no added salt or sugar)	200
Raw Honey (or alternative eg rice syrup)	63
Vanilla essence	4.5
Coconut oil	40
Sea salt	0.7
BP80F	20
Dark chocolate to coat	

## Method

1. Melt honey and coconut oil.
2. Add vanilla & set aside.
3. Add BP80F and salt to almond butter and mix well.
4. Add wet ingredients & process until smooth
5. Roll into 15g balls and enrobe with a thin layer of dark chocolate

Note: Additional protein can be added into the enrobing chocolate – simply add at 5% dosage.

NUTRITION INFORMATION			
Servings per package:	2		
Serving size:	22g		
	Av/serve		Av/100g
Energy	423	kJ	2350 kJ
<b>Protein</b>	<b>2.8</b>	<b>g</b>	<b>15.6</b> g
Fat, total	7.8	g	43.5 g
- saturated	2.4	g	13.6 g
Carbohydrate	4.6	g	25.7 g
- sugars	4.3	g	23.9 g
Sodium	22	mg	122 mg

Note: Includes 5% BP80F in the choc coating