



5-Minute Protein Truffles

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 servings semisweet chocolate chips miniature
- ☐ 12 servings cocoa powder unsweetened
- ☐ 3 tablespoons maple syrup pure
- ☐ 12 servings matcha tea powder
- ☐ 0.7 cup whey powder sweetened packed
- ☐ 12 servings pistachios raw toasted finely chopped
- ☐ 12 servings oats
- ☐ 0.1 teaspoon sea salt fine

- ☐ 12 servings hemp seeds raw toasted finely chopped
- ☐ 0.5 cup julienne-cut oil-packed sun-dried tomatoes unsweetened
- ☐ 12 servings coconut plain shredded unsweetened toasted

Equipment

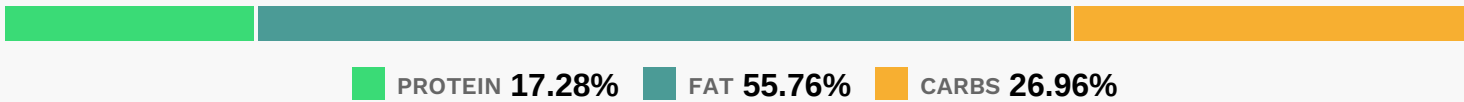
- ☐ bowl

Directions

- ☐ Mix the nut or seed butter, honey, and salt in a medium bowl until blended.
- ☐ Add the protein powder, stirring until completely combined (mixture will be firm).
- ☐ Protein powders vary in terms of their dryness. Hence if the mixture seems too wet, add a bit more protein powder, or some ground oats or flaxseed meal, until the mixture comes together as a dough. If the mixture seems too dry, add some milk (nondairy or dairy) or water, one tablespoon at a time, until the mixture comes together as a dough.
- ☐ Scoop about 1 1/2 tablespoons of the mixture into your hands and shape into 1-inch balls.
- ☐ If desired, place one or more of the suggested coatings in small shallow dishes.
- ☐ Roll each ball in the coating, gently pressing to adhere.
- ☐ Place the balls in an airtight container and store in the refrigerator.
- ☐ BAR TIPS –If you prefer, mix up to 3 tablespoons of any of the suggested coatings directly into the dough instead of using as a coating.–A box of these beauties makes a great hostess gift or present in general, especially to the fitness and health foodie friends in your life.–1/2 cup all-natural, sweetened vanilla or chocolate vegan protein powder may be used in place of the whey protein powder.BAR KEEPING Store in an airtight container.REFRIGERATOR: 1 week FREEZER: 3 months in airtight container; thaw 15 minutesBAR VARIATIONS CHOCOLATE PEANUT BUTTER PROTEIN BALLS Use peanut butter for the nut butter and chocolate protein powder in place of the vanilla protein powder.
- ☐ Add 1 1/2 tablespoons unsweetened, natural cocoa powder (not Dutch process) and 1 1/2 tablespoons water along with the honey.MOCHA JAVA BALLS Use chocolate protein powder in place of the vanilla protein powder.
- ☐ Add 2 teaspoons instant espresso powder, dissolved in 2 teaspoons warm water, along with the honey.GINGERBREAD PROTEIN BALLS Use 3 tablespoons dark (cooking) molasses for the sweetener and add 1/2 teaspoon ground cinnamon, 1/4 teaspoon ground ginger, and 1/8 teaspoon ground cloves along with the protein powder.SNICKERDOODLE PROTEIN BALLS

- ☐ Add 3/4 teaspoon ground cinnamon and 1/8 teaspoon ground nutmeg along with the protein powder.
- ☐ Add 3 tablespoons chopped raisins to the dough before rolling into balls.
- ☐ Roll the balls in finely chopped toasted pecans or walnuts.
- ☐ Power Hungry™
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Nutrition Facts



Properties

Glycemic Index:11.96, Glycemic Load:17.52, Inflammation Score:-8, Nutrition Score:25.467391248549%

Flavonoids

Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 690.05kcal (34.5%), Fat: 44.72g (68.81%), Saturated Fat: 12.43g (77.66%), Carbohydrates: 48.66g (16.22%), Net Carbohydrates: 38.22g (13.9%), Sugar: 7.6g (8.44%), Cholesterol: 10.06mg (3.35%), Sodium: 41.34mg (1.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.16mg (1.05%), Protein: 31.18g (62.36%), Manganese: 2.86mg (143.1%), Phosphorus: 795.07mg (79.51%), Magnesium: 206.16mg (51.54%), Iron: 8.92mg (49.55%), Copper: 0.88mg (43.84%), Fiber: 10.44g (41.76%), Vitamin B1: 0.62mg (41.1%), Vitamin B6: 0.65mg (32.46%), Selenium: 18.56µg (26.52%), Zinc: 2.9mg (19.34%), Potassium: 569.58mg (16.27%), Vitamin B2: 0.27mg (15.69%), Folate: 54.42µg (13.61%), Calcium: 133.98mg (13.4%), Vitamin B5: 1.31mg (13.13%), Vitamin B3: 2.12mg (10.6%), Vitamin A: 343.73IU (6.87%), Vitamin E: 1mg (6.65%), Vitamin C: 2.09mg (2.53%), Vitamin K: 1.42µg (1.35%)