Almond Joy Protein Balls
Cheap, Fast, and Healthy—May 6, 2015

Ingredients:
- 1 1/2 cups of dates
- ½ cup almond butter
- ½ cup old fashioned oats
- ½ cup unsweetened shredded coconut
- ¼ cup ground flax seed
- 1 tsp. vanilla extract
- 3 tsp. unsweetened vanilla almond milk

Directions:
1. Place 1 ½ cups of dates, ½ cup of almond butter, ½ cup old fashioned rolled oats, ½ cup of unsweetened shredded coconut, ¼ cup ground flax seeds, 1 tsp. vanilla extract, and 3 Tbsp. of unsweetened vanilla almond milk into a food processor or blender.
   a. Talking points: Talk about the health benefits of flax seeds, dates, and almond butter.
   b. Talking points: Explain why foods that are high in fiber and protein are beneficial for the body. Talk about other sources of high fiber foods.
2. Blend ingredients until smooth dough forms.
3. Roll dough into bite sized balls.
4. Roll balls in a dish of unsweetened shredded coconut.
5. Store protein balls in refrigerator for up to 1 week.
   a. Talking point: They are an easy, healthy snack that you can prepare quickly and eat them throughout the week.
6. Enjoy!