

Macadamia Peanut Butter Balls

🕒 20 min

👤 24 servings

90 Kcal / serving

4g Protein 7g Fat 5g Carbs

Ingredients

- Nut butter, smooth & crunchy, no added sugar or salt, 250 grams (250 g)
- Vanilla whey protein powder, 2 scoop (39 g)
- Lakanto, classic monkfruit sweetener with erythritol, 1/4 portion(s) (63 g)
- Vanilla Extract, 2 tsp (10 g)
- Macadamia nuts, Raw, chopped roughly, 1/2 cup (73 g)



Instructions

1. Combine the nut butter, protein powder, sweetener, and vanilla in a powerful blender or food processor.
2. Pulse until uniform, scraping down the sides as necessary.
3. The mixture should be very dense, but able to be pressed together.
4. If it's too thin, you can add more protein powder and/or sweetener to taste.
5. Then add the crushed nuts and combine well.
5. Use a small spoon to grab balls of dough. Roll into balls, preferably using cold hands (wash them with cold water first).
5. Then coat in coconut, then place on a tray and place in fridge for 1-2 hours before eating.

Comments

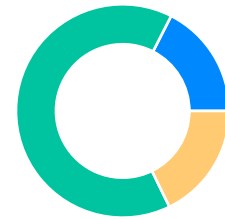
Keto, Vegan, Vegetarian, Dairy Free, Gluten free, Fodmap friendly.

Freeze the dough for about 20 minutes to make the mixture firmer and less sticky.

Store the low carb peanut butter protein balls in the refrigerator, or freeze for longer.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	2167.9	498.4	90.3
Protein [g]	105.6	24.3	4.4
Fat [g]	173.7	39.9	7.2
Carbs [g]	107.3	24.7	4.5
Fiber [g]	22.5	5.2	0.9
Net Carbs [g]	84.8	19.5	3.5



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Calcium, Ca [mg]	211.9	48.7	8.8
Iron, Fe [mg]	8	1.8	0.3
Magnesium, Mg [mg]	636.9	146.4	26.5
Phosphorus, P [mg]	1420.9	326.6	59.2
Potassium, K [mg]	2329.4	535.5	97.1
Sodium, Na [mg]	226.7	52.1	9.4
Zinc, Zn [mg]	12.3	2.8	0.5
Vitamin A, RAE [ug]	5.9	1.4	0.2
Vitamin E [mg]	27.4	6.3	1.1
Vitamin D [ug]	0	0	0
Vitamin C [mg]	15.3	3.5	0.6
Thiamin [mg]	1	0.2	0
Riboflavin [mg]	0.7	0.2	0
Niacin [mg]	43.8	10.1	1.8
Vitamin B6 [mg]	0.9	0.2	0
Vitamin B12 [ug]	0.9	0.2	0

Vitamin K [ug]

0.2

0

0