

## **Chocolate almond balls (LCHF)**

Yummy, yummy, yummy. That's all I have to say.

*Makes around 12 to 15 balls.*

*Store them in an airtight container in the fridge as they might get too soft at room temperature.*



### **Ingredients:**

- 1 cup (250 ml) ground almonds/almond flour
- 4 tbs unsweetened cocoa powder
- 2 tbs desiccated coconut
- 45 grams (3 tbs) unflavoured whey protein powder
- 45 grams (3 tbs) coconut oil
- 45 grams (3 tbs) softened unsalted butter
- Pinch of salt
- 1 tsp vanilla or caramel essence (or a miniscule amount of almond essence)
- Sweeten to taste with stevia or xylitol. If using xylitol then 1/4 to 1/3 cup should be sufficient.

### **Method:**

1. Mix all ingredients together in a blender or food processor to form a dough.
2. Scoop mixture with a teaspoon and roll into round balls.
3. Place balls on wax paper on a baking tray and place in the fridge to harden.
4. Once hard they can be put into a sealed container and kept in the fridge.

### **Each ball contains roughly:**

- 3 gram of carbs
- 13 grams of fat
- 6 grams of protein

