

## Salted Caramel Protein Balls(nut free)



### Getting Started

Preparation time: – 15 minutes

Cooking Time: – 1 hour in refrigerator

Oven Temperature: – none

### Ingredients

200g Madjool dates, pitted,

250g tahini (sesame seed paste),

1 heaped tbsp. honey (or maple syrup or rice malt syrup),

Pinch sea salt,

$\frac{3}{4}$  cup desiccated coconut, for coating

### Method

1. Place the pitted dates, tahini, honey and salt in food processor and blend until the ingredients are well combined and coming together,

2. Roll heaped teaspoonfuls of the mixture into balls, and roll in desiccated coconut to coat,

3. Refrigerate for an hour before serving