Protein Balls Fitness Dessert Recipe (Chocolate - Coconut)

Nutrition Facts

Amount Per Protein Ball

Calories	35 kcal
Protein	3.7g
Carbohydrate	1.6g
Fat	1.5g
Dietary Fiber	0.6g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients for 7 Protein Balls:

- 30g Whey Protein Chocolate (Myprotein)
- 5g Cocoa (unsweetened)
- 10g Shredded Coconut
- 10g Myprotein Instant Oats
- 25ml Soy milk (Chocolate)
- 5ml Walden Farms Caramel Syrup

Preparation:

Put Whey Protein, Cocoa, Instant Oats, Soy Milk and Caramel Syrup into a bowl. Add half of the Shredded Coconut and mix all together with a spoon. Afterwards wet your hands and shape 7 balls. Turn them in shredded coconut and then put them into the freezer for about 30 minutes. Finally you get 7 delicious Chocolate-Coconut Protein Balls.
Enjoy this tasty fitness dessert and stay fit!
Check out our Calorie Calculator.

Product recommendations for Protein Balls: