



Recipe

Maple Date Delights

Serves 12

Cooking and prep: 10 minutes

Calories per serve: 95 per delight

Ingredients

- 2 scoops of vanilla protein powder
- 1/4 cup of desiccated coconut
- 1/2 cup dates
- 1/2 cup cashews
- 1/4 cup almonds
- 2 tbsp. maple syrup



Method

1. Place all the ingredients into a blender and blitz.
2. Roll into balls and refrigerate.
3. Will last in the fridge for up to 7 days (if not eaten earlier 😊).