

LEMON THYME PROTEIN BALLS



USOC
SPORTS NUTRITION

Dietary: Gluten Free | Servings: 10 | Preparation Time: 10 minutes



Recipe Difficulty:

INGREDIENTS

7 dates, pitted and chopped
1 cup almonds, toasted
2 scoops vanilla protein powder
Juice and zest of 2 medium lemons
½ tsp. salt
1 Tbsp. fresh thyme, chopped
3 Tbsp. shredded unsweetened coconut flakes



Source: Julie Ferris

DIRECTIONS

Place almonds in a food processor and blend until fine, but not a paste. Add in dates and blend until smooth. Add lemon juice, zest, protein, powder, salt, thyme, and 1 Tbsp. of the coconut.

Roll the mixture with your hands into 10 even sized balls and then roll in the remaining coconut flakes.

Refrigerate until ready to eat.

Serving Size: 1 ball

Calories: 135

Fat (g): 6.5

Sat. Fat (g): 1.5

Carb (g): 14

Fiber (g): 3

Protein (g): 7

THE INSIDE SCOOP

These sweet and refreshing balls are a great portable snack or post-training recovery option. 2-3 balls provides an appropriate amount of protein for muscle recovery and carbohydrates to replenish muscle energy stores.

The nutrition analysis for these balls is based off of whey protein, however you can use any type of protein powder you like. You can easily double the recipe to have enough for the week!

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