

## HI-PROTEIN NUT BALLS

This recipe is intended as an in-between meal, hi-protein snack food. It is excellent for stabilizing low blood sugar when other wholesome foods are not available. They can be stored in a sealed container in the freezer, (suggested because of the volatile oils in the nuts).

### INGREDIENTS:

6 cups ground assorted nuts  
4 cups ground granola cereal  
¼ cup Ultra Meal 360 Protein powder  
3 ½ cups hempseed milk, coconut milk or almond milk  
¼ cup almond or peanut butter  
½ cup honey  
Juice of one lemon

### TOPPING:

Unsweetened ground coconut  
Sesame seeds (roasted or plain)  
Crushed cookie crumbs (wholesome)



Combine dry ingredients and set aside in a large mixing bowl. In blender, combine milk, nut butter, honey, lemon juice. Blend thoroughly and pour over dry ingredients. Form bite size round balls and coat with suggested toppings.

P.S. Protein powder is used to enhance the protein and nutrition value of the nut balls. If you don't have any protein powder, reduce the amount of liquid used. This protein powder was formulated to use the complex carbs as a source of energy, not as fuel for microbes.

The protein balls should be frozen on a flat tray and then stored in a sealable container for freshness.