

Chocolate-Peanut Butter Protein Date Balls

Great for a post workout or a midday snack! They are packed with fiber, and protein which will help restore glycogen to your muscles and help repair torn muscles after a kick a\$\$ workout!! They also taste Amaz-Ballz!!!



What You Will Need:

- 1 Pound of Dates
- 2 tbs of Peanut Butter (or any nut butter your prefer)
- 1/2 cup of Walnuts
- 2 tbs of Cacao Nibs
- 1 tbs of Vanilla

How To Make:

- Blend the walnuts first, and break them down
- Blend the rest of your ingredients into your Vitamix or any blender you have.-
 - NOTE- if you don't have a Vitamix you may need to separate dates, and blend in several batches. The dates are really sticky, and can sometimes make it difficult for the motor to break them down
- Roll the dough into little balls and refrigerate (balls can be eaten immediately, but taste awesome when refrigerated)

Added Bonus Tip:

Have one or 2 post workout, or for a mid day snack!! These are also great if your having a sweet tooth!!

