

MATCHA ENERGY BALLS

Super easy protein balls for sustained energy

Makes approx. 15

1 cup almond meal
½ cup dessicated coconut
1 tsp matcha
1 tsp maca powder
2 tbs organic maple syrup
¼ cup extra virgin coconut oil

Extra coconut for rolling

- Mix dry ingredients in a bowl. Add maple syrup & coconut oil & mix until combined. (Can use hands 😊)
- Roll into small balls & then roll in coconut.
- Store in the fridge.

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Healthy Bits:

Matcha:

Rich in antioxidants.

Boosts metabolism.

Creates a 'calm energy' due to combination of caffeine & theanine.

Maca Powder:

High in protein for repairing & building muscle.

Balances hormones. Can help with migraine headaches caused by hormone imbalance.

Contains Vitamin C & Zinc, both great for immunity.

Almonds:

High in magnesium that will increase energy, calm nerves & ensure quality sleep.

Excellent source of Vitamin E, powerful antioxidant.

Healthy fats that can help to lower cholesterol.