

# Coconut bounty balls

Smart Health  
& Fitness



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100g fresh coconut  
100g vanilla flavour whey or rice  
protein powder  
40g oats (use gluten free if preferred)  
2 tps coconut oil  
50ml cold water  
1½ tps cocoa powder  
30g dark chocolate (minimum 70%),  
melted

MAKES 7 BALLS

In a large bowl, mix everything together except for the cocoa powder.

Divide the mixture into 7 and roll into balls.

Sprinkle the cocoa powder onto a plate and roll the balls in the cocoa to dust evenly.

Drizzle over the melted chocolate, or roll each ball in the chocolate to cover completely.

*Store in an airtight container and refrigerate for up to 4 days.*



PER BALL:

156 Calories

**8g Carbs**

**13g Protein**

**8g Fat**