



Sunbutter Pumpkin Protein Balls

10 servings

10 minutes

Ingredients

1/4 cup Coconut Flour
2 tbsps Vanilla Protein Powder
1/4 cup Sunflower Seed Butter
1/4 cup Pureed Pumpkin
1 tbsp Oat Milk (unsweetened, plain)
1/4 cup Hemp Seeds (for coating, optional)

Directions

- 1 In a mixing bowl, combine the coconut flour, protein powder, sunflower seed butter, pumpkin, and oat milk. Mix well until a firm batter forms. Add more oat milk one tablespoon at a time if the mixture is too dry/crumblly.
- 2 Form the dough into one-inch balls. Repeat until all the dough is used up. Firmly roll each ball in a small bowl of hemp seeds to form a coating (optional). Store in the fridge or freezer until ready to enjoy.

Notes

Leftovers: Refrigerate in an airtight container for up to seven days, or freeze if longer.

Serving Size: One serving equals one ball, about one inch in diameter.

More Flavor: Add pumpkin pie spice, maple syrup and/or vanilla extract.

No Hemp Seeds: Roll in crushed nuts, cocoa powder, pumpkin seeds or sunflower seeds.

No Sunflower Seed Butter: Use almond butter, tahini or pumpkin seed butter instead.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

Coconut Flour: This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.