



Chai Protein Bliss Balls

INGREDIENTS

1 cup almond flour	3 scoops PurePaleo protein powder	¼ teaspoon sea salt
1 teaspoon cinnamon	½ teaspoon ground ginger	½ teaspoon ground cardamom
¼ teaspoon allspice	¼ teaspoon ground cloves	¼ teaspoon Chinese five spice
12 pitted dates: chopped	1-3 TBS milk (dairy or non-dairy)	1 tablespoon honey
1 teaspoon vanilla extract	Crushed nuts for rolling (optional)	

DIRECTIONS

Add almond flour, protein powder, salt, and spices to a large bowl. Mix well. Add these dry ingredients to your food processor. Then add dates, 1 TBS milk, honey, and vanilla. Pulse until the mix becomes a crumbly texture yet holds together when you press it between your fingers. If it is too crumbly and needs more liquid, add more of the milk. Roll mixture into small balls, then (optional) roll in crushed nuts of your choice. Place on a plate and let set in the fridge for 15 minutes before serving. Makes 12 balls; 150 calories each (without nuts).