

Low FODMAP Peanut Butter and Hemp Seed Protein Balls

Serves: 12

Prep: 10 minutes

Cook: No cooking
required

Ingredients	Metric	Imperial
½ cup natural peanut butter (no added salt or sugar)	128 g	4.5 oz
2 tbsp pure maple syrup or sorghum syrup	40 g	1.4 oz
1 tsp vanilla extract	6 g	0.21 oz
⅓ cup hulled hemp seeds	50 g	1.8 oz
1⅓ tbsp oat bran	18 g	0.63 oz
2 tbsp linseeds (flax seeds)	25 g	0.88 oz
3 squares dark chocolate, chopped into small chunks	30 g	1 oz

Method

1. In a mixing bowl or food processor, thoroughly combine all the ingredients. The mixture should hold together when squeezed into a ball.
2. Press into 3cm balls and roll in your hands until well formed
3. Store in the fridge in a sealed container for up to 2 weeks, or wrap individually and freeze for up to 3 months

Hints

- Try substituting walnuts for peanut butter by making your own walnut butter in a food processor. You'll add more diversity to your diet and your gut will love it.
- For a nut free version, finely blitz lightly roasted pumpkin seeds (pepitas) and add 1 - 1 1/2 Tbsp melted coconut oil.
- Double the batch and store them in the freezer.

Nutrition Information (per serve)	
Energy	1197 Kj / 286 cal
Protein	5.60g
Carbohydrates	5.90g
Sugar	3.20g
Total Fat	10.30g
Saturated Fat	1.80g
Fibre	1.20g