

-No Carbs-

Caveman's Balls

Prep time

5 mins

Total time

5 mins

Author: Libby

Recipe type: Sweets

Cuisine: Paleo; LCHF; Sugar free; Grain free; Gluten free

Serves: 12



Ingredients

- 75g/ 2.6 oz nut butter or seed butter
- 2 tbs/ 25g coconut oil
- ½ c / 40g unsweetened desiccated coconut
- 1 tbs unsweetened cocoa powder
- ¼c / 35g chia seeds
- 2 tbs granulated stevia or sweetener of choice, to taste
- 1 tsp cinnamon
- 1 tsp coconut flour

Instructions

1. Blend all the ingredients together in the food processor or use a stick blender with the blade attachment.
2. Roll into balls and place on a plate.
3. Refrigerate then roll in coconut, nuts or cocoa powder.

Notes

All measurements can be approximated then adjusted to your taste.

Nutrition Information

Serving size: 1 ball made with almond butter Calories: 93 Fat: 8.7g Carbohydrates: 3.4g Sugar: 0.6g
Fibre: 2.4g Protein: 2.1g

Recipe by Ditch The Carbs at <http://www.ditchthecarbs.com/2015/12/15/cavemans-balls/>