



Super Power Protein Balls

Serves 4 / 10 mins

Ingredients

8 slices Wonder® Non-GMO White or Whole Wheat sliced bread, crusts removed, slices torn into 1 cm pieces

3 tbsp. raisins (or your favourite dried fruit)

1 tbsp. shredded coconut

2 tbsp. pumpkin seeds

2 tbsp. chocolate chips

3-4 tbsp. almond butter (or your favourite nut, seed or alternative butter)

Pinch cinnamon (or Pumpkin Spice Seasoning)



Directions



Prep time: 10 minutes | Cook time: 0 minutes | Total time: 10 minutes

1

In a microwave safe bowl, gently warm nut butter for 15-second intervals until melted. Stir in cinnamon.

2

In a medium sized bowl, place torn Wonder® bread, and sprinkle over raisins, coconut, pumpkin seeds and chocolate chips. Drizzle melted nut butter and stir to evenly coat. Press mixture together to form golf ball sized portions.

3

Allow to stand 5 minutes and serve.

Note: If protein balls are dry or sticky, use more or less nut butter, or roll in additional coconut or rolled oats.