



# PUMPKIN SPICED PROTEIN BALLS

Thanks to [Kangaroo Spotting](#) for this recipe!



## What's in it?

- 1 Cup of Oats
- 1 Cup of Corn Flakes
- 1 Cup of Desiccated Coconut
- 1 Cup of Almonds
- 1/4 Cup of Honey
- 1/4 Cup of Pumpkin Puree
- 2 Tbsp of Bondi Chai
- 2 Tbsp of Chia Seeds or Flax Seeds
- 3 Dates, pitted
- 1 Pinch of Salt

## How does it go together?

1. Add almonds, dates, honey, pumpkin puree, Bondi Chai, and salt in a food processor and pulse. The mixture will be wet and gooey.
2. In a large bowl, combine oats and corn flakes and mix together with hands.
3. Add the wet mixture in the food processor to the bowl and evenly combine everything together.
4. Put the bowl in the fridge for 20 minutes until it hardens a little.
5. Use a spoon or hands to shape mixture into small balls.
6. Alternatively, you can line a baking tray and press the mixture evenly into the tray, then cut into bars.