

## CHIA, HEMP & ANCIENT GRAINS PROTEIN BALLS

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Looking for a quick snack on the go? Try these chia, hemp and ancient grains protein balls. Super easy to make with the kids. All you need to do is throw everything into the food processor and then roll into balls and cover with Alligga hemp seeds.

Full of fibre, protein and just a little bit sweet from the dates, make these protein balls and keep them in the fridge for those busy days!

**Ingredients:**

- 10 pitted dates
- 2/3 cup oats and ground flax seeds
- 1/2 cup natural peanut butter, melted
- 1/4 cup Alligga Hemp Seeds
- 1/4 cup chia seeds

**Directions:**

1. Blend dates in a food processor until smooth
2. Add the rest of the ingredients and blend
3. Form into balls and roll into Alligga hemp seeds
4. Refrigerate for at least one hour before eating