

Nutraphase's: "Chocolate peanut butter plant-based protein balls!"

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N NUTRAPHASE™

INGREDIENTS:

- 1 scoop NUTRAPHASE'S chocolate plant-based protein
- 1/4 cup (4 tbsp) natural organic smooth peanut butter
- 1 tbsp 100% virgin cold first-pressed Coconut oil
- 1 tbsp ground golden flax meal
- 3 tbsp water

Nutritional Information Per Serving:

64.7 calories
111 calories
6.5 grams protein
8.2 grams fat
1.7 grams net carbs
1.5 grams fiber
0.6 grams sugar (naturally occurring due to the peanut butter)

DIRECTIONS:

1. Mix well and form into balls! I made SIX!

Perfect portable plant-based high fat protein ball for anyone who doesn't always want to "shake" their way to a healthy inside and out!

Note: Peanuts are a highly sprayed GMO so choosing Organic is best! Virgin cold pressed coconut oil is used immediately by the body for energy and not stored as fat! Flax rounds out the group of healthy fats! Fat doesn't make you fat!

