



PROTEIN BITES WITH LUPIN FLAKES

ALLERGIES:

No grains
No dairy
No eggs
No gluten
Low disaccharides

Prep time: 10 mins

Cook time: 30 seconds

Serves: 16



INGREDIENTS

- 135g peanut butter (softened)
- 55g coconut oil
- 2 tbsp natvia
- Pinch pink rock salt
- 1/3 cup hemp seeds
- 1/4 cup ground flax seeds
- 1/4 cup dairy and sugar free choc chips
- 1 cup lupin flakes

METHOD

- In a bowl combine coconut oil, peanut butter and natvia and mix well.
- Place in the microwave on High for 30 seconds.
- Add all other ingredients and gently stir / fold together.
- Form into 8 balls, and refrigerate until hard, about an hour.
- I keep these in the freezer for a great protein fix.