

KAYLAH BLAYR'S CHOCO BERRY FUDGE BALLS

LES MILLS+

CHOOSE HAPPY

INGREDIENTS:

- 500g Pumpkin
- 100g Protein powder
- 100g Strawberries
- 40g Raw cacao
- 50g Hemp hearts
- 30g Ground almonds
- 125ml Almond milk
- 100g Dark chocolate
- ½ Tbsp apple cider vinegar
- ½ Tsp vanilla extract

METHOD:

Mix up the pumpkin, protein, ground almonds, hemp hearts, raw cacao, vanilla, apple cider vinegar and half of the almond milk in a bowl until it becomes a smooth dough. Add the chocolate, strawberries and the remainder of the milk. Mix it all up. Roll the dough into small balls.



“This snack is very easy to prepare and take on the go. It gives me the fuel that I need to be able to teach my classes.”

-Kaylah-Blayr Fitzsimons-Nu