



Vegan Christmas Pudding Protein Balls

These fudgy vegan mini Christmas puddings are gluten-free, flourless and packed with protein. This healthy recipe requires no cooking.

Serves: 24, Prep time: 00:35, Cook time: -

Instructions

1. Place all ingredients (except slivered almonds and cranberries) into a food processor until smooth and well combined.
2. Transfer mix to a bowl and fold in slivered almonds and cranberries.
3. Shape into balls and set aside.
4. Top with frosting and leave to chill for 30 minutes.

Notes

- Dates can be replaced with an equivalent quantity of other dried fruits, such as additional raisins, sultanas or cranberries (or any other dried fruit you prefer)

Ingredients

- 200 grams Dates (Medjool), pitted (7 oz)
- 160 grams Raisin, seedless (5.5 oz)
- 150 grams Nut, pecan, dried, raw (5.5 oz)
- 75 grams Almonds (2.5 oz)
- 80 grams Dried cranberries (3 oz)
- 0.5 pinch or to taste Orange, Zest of half orange
- 1 teaspoon Cinnamon, Ground
- 0.5 teaspoon Nutmeg, Ground
- 1/2 teaspoon Allspice
- 0.5 teaspoon Ginger Powder
- 60 grams Protein powder (2 oz)
- 3 tablespoon Slivered Almonds

- Cinnamon or any other spice can be used on its own without the others – though the combination gives it more of a traditional Christmas pudding flavour
- Almonds and pecans can be replaced with other nuts such as walnuts or cashews

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