



## Boost Bites (S)

Were you able to listen to the [poddy where we talked all things baobab](#)??? Here's an easy-peasy "come together in under 5 minutes", immune-boosting, blood- sugar friendly protein bites of satisfying goodness recipe for you! And yes! THM Baobab Boost Powder is the "star" of this recipe!

Serves: multiple

### **INGREDIENTS:**

- 1/2 cup TH Baobab Boost Powder
- 1 & 1/3 cup TH Pristine Protein Powder
- 1 cup unsweetened coconut flakes
- 3 1/2 doonks TH Pure Stevia Extract Powder
- 3 pinches mineral salt
- 4 Tbsp extra virgin coconut oil
- 5 Tbsp water (either all water, part lemon juice, or canned coconut milk)
- 1 handful nuts (optional; chopped nuts, goji berries, or a few finely chopped dried tart cherries)

### **DIRECTIONS:**

1. Into your food processor add the baobab powder, whey, unsweetened coconut flakes, mineral salt, and the pure stevia extract powder.
2. Pulse until combined.
3. Add the extra virgin coconut oil and pulse to combine again.
4. If using the optional chopped nuts, dried unsweetened cranberries or goji berries add them and then pulse again.
5. Next add the 5 Tbsp of liquid of your choice and then pulse in short bursts for a few times and then continue to process for about one minute until combined, do not over process.
6. Pour the mixture into a mixing bowl and wet your fingers with some water and start to knead the mixture with your hands until a dough begins to form.
7. Pick up a small piece of the dough and squeeze in your hands to start to form a ball and then continue to roll them in between both hands to form the ball.
8. Roll out all the balls and place them in a lidded container either in the refrigerator or the freezer until ready to eat.

### **RECIPE NOTE:**

If using the optional handful (1-2 Tbsp) of nuts or berries you may need to add a little bit more liquid to make your mixture a bit more workable so you can roll them into little bites or balls. Baobab has more antioxidants than anything on the planet. It has 5 times more fiber than a serving of oats. Twice the magnesium and iron of spinach, 6 times the amount of potassium than bananas and 10 times the amount of Vitamin C than oranges!! THM Baobab Boost powder is a soft and gentle fiber that helps to cleanse your system and boosts your immune system and nutrients to the next level!!!