



trimhealthymama.com

Mint Chocolate Chip Protein Balls - S

Rashida Says: *Once these babies are frozen, I like to put them in a Ziploc bag and store them in the freezer. They taste like mint chocolate chip ice cream in protein ball form. You wouldn't know they are filled with tons of great fiber to support your digestion. They're perfect if you need a snack and are running out the door.*

Makes Multiple Servings

INGREDIENTS:

- ½ cup Baking Blend
- ½ cup Integral Collagen
- ½ cup Unflavored Pristine Whey Protein Powder
- ½ cup Whole Husk Psyllium Flakes (ground fine in a coffee grinder)
- ½ cup Gentle Sweet
- 2-3 doonks Pure Stevia Extract Powder
- ½ tsp. Mineral Salt
- ¼ cup coconut oil
- ½ cup water
- Optional 2 tsp. Dynamic Duo Greens Powder
- 1 tsp. pure peppermint extract
- ¼-½ cup on plan chocolate chips or chopped 85% dark chocolate

INSTRUCTIONS:

1. Put all dry ingredients into a bowl. Follow with the wet ingredients and then end with the chocolate chips. Mix well.
2. Line a plate with parchment paper and then roll mixture into balls.
3. Chill in the freezer.

The *Mint Chocolate Chip Protein Balls* recipe was first introduced in our niece Rashida Simpson's cookbook [Trim Healthy Future!](#)