



# Raw Protein Power Balls with Ruth's Hemp Protein Powder

w/ E3Live, Maca Power **BY TERI GENTES**



Ruth's Hemp Protein Powder—a great “raw” veggie protein powder for vegan recipes.

*Similar to TRG Protein Power Balls, these are made even more nourishing with Ruth's Protein Powder.*

Teri R Gentes is a certified Nutritional Consultant and recipe author of Natural Foods Nutrition. She has extensive experience working as an international presenter and educator for the health and fitness industry, corporations, associations and the general public with lifestyle wellness, fitness and natural 'whole' foods nutrition. She specializes in healthy everyday living and eating for weight management and disease prevention. Teri lives her talk and is enthusiastic, passionate and practical in enabling the transition to a healthier lifestyle. She inspires others to action by making 'healthier habits' easy, realistic, enjoyable, affordable, sustainable and delicious helping you grasp what a truly 'healthy dietary approach' is. Teri will coach you with what to buy and how to prepare it enabling you to overcome your love hate relationship with food and 'embrace the grace of eating well to live well.'

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- ½ cup raw pumpkin or sunflower seeds
- ¼ cup hemp or raw sesame seeds
- ¼ cup raw wheat germ
- (For a gluten-free version substitute with additional sesame seeds if desired)
- ½ cup coconut, unsweetened
- 2 Tbsp flax seeds, ground
- ¼ cup honey, raw, un-pasteurized
- ½ cup dried apricot and raisin or currants blend
- ½ cup your favourite nut or seed butter (preferably raw almond butter)

**1 - 2 heaping scoops** of Ruth's Hemp, E3Live, Maca Power

**1 tsp** cinnamon, ground

Dash of sea salt, if desired

**Optional:** Additional ¼ cup hemp or sesame seeds, ground and 1 tsp cinnamon measured into a small zip-lock baggie to coat the power balls. Set aside.

1. In a food processor, combine all of the ingredients, except the honey, nut butter, and salt. Pulse until well-blended.

2. Add honey, nut butter, and salt. Blend until the mixture forms into a ball.

3. Shape into bite-size balls. Place a few power balls at a time into the baggie, shake in the sesame and cinnamon combo to coat. Alternatively, you can press the mixture into an 8 x 8 inch pan, sprinkle with cinnamon, chill, and cut into bars or squares.