

Amaranth No-Bake Protein Balls



Amaranth isn't exactly a grain, but it's a pseudo-grain similar to quinoa. Popping amaranth creates a great base for granola or just eating them with a bit of salt and oil like you would popcorn. These energy balls can be adapted to your mood; from a super healthy snack to a more indulgent treat.

Serves 12

Ingredients

- 1/3 cup (70g) amaranth (approximately 1 1/2 cups popped)
- 1 cup (180g) creamy peanut butter
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 3 tablespoons of protein powder of your choice
- Optional Dried cranberries, chocolate, flaxseeds, etc.

How to make

- Combine peanut butter, salt, vanilla extract and cinnamon until well mixed
- Stir in protein powder adding a little water if the mixture is too dry
- Add in popped amaranth and stir well
- Mix in add-ins (optional)
- Take a small amount of the mixture, roughly smaller than a golf ball, and roll in your hands. The heat from your hands should warm up the peanut butter enough to make it easy to shape into a ball, if it doesn't add a touch more water
- Lay out on tin foil or baking paper and refrigerate for 20 minutes or until firm
- If decorating with chocolate, melt the chocolate, decorate and then place back in the fridge until ready to eat.

For the popped amaranth:

- Heat a deep pan over medium to medium high heat for 3-5 minutes
- Heat amaranth no more than a tablespoon at a time. It should start popping within a few seconds of hitting the pan, if it doesn't then your pan isn't hot enough. Don't worry you may burn the first few batches, it can take some practice. Repeat until you have about 1 1/2 cups popped