

## Organic Daily Protein Energy Balls



Staying fit in the alkaline lifestyle is not just about working out. It's also about replenishing your body with what it needs before, during, and after your work out.

They are packed with a delicious tasting plant-based protein powder that is high in healthy fats and low in sugar. This is one of my favorite go-to snacks which energizes and sustains me all-day long!

You can easily make a batch and keep them in the fridge when you're feeling hungry post-workout or during that mid-afternoon blood sugar slump that too often leads to making carb heavy, acidic choices.

Give them a try and let me know what you think over on [Facebook](#).

And stay tuned for Thursday's blog post, where I'll give you 8 easy ways to exercise and help you reduce the inflammation and acid levels in your body - no matter how busy you are.

## ORGANIC DAILY PROTEIN ENERGY BALLS

### Ingredients [Serves 2]

1 cup gluten-free rolled oats (I use Bob's Red Mill)  
1 banana – mashed  
1/4 cup coconut oil (if not in a liquid state already, gently warm until melted)  
2 tbsp. cacao powder  
2 tbsp. raw almond butter  
2 tbsp. flax seed meal (ground flax)  
2 tbsp. plant-based protein powder ([Alkamind Organic Daily Protein](#))



### DIRECTIONS

Place all ingredients in a medium bowl and mash together with a fork until fully combined. Form into 1-inch balls and keep covered in the fridge.

Enjoy!



[Alkamind Daily Protein](#) is also unique for its nutritional profile:

- ZERO grams of sugar
- only 120 calories per serving
- 20 grams of protein – more than the industry standard AND with better protein sources!

*Fitness Magazine* called it “a superfood lover’s dream.”

So try it today! You can buy one jar or [subscribe & save 15%](#).