

Latte Protein Balls

THM-Friendly: S

Latte ingredients:

- 1/4 cup nuts (your choice; I used pecans)
- 3 Tbsp. [JO!](#) or nut butter
- 1/2 cup THM [Baking Blend](#)
- 2 Tbsp. instant coffee
- 1/2 cup THM [whey protein](#) (I used vanilla but plain is fine)
- 1/3 cup Rxsugar maple syrup
- 2 Tbsp. cacao nibs or sugar-free chocolate chips
- a splash of [vanilla extract](#)
- 1/4 cup oats
- 1/4 cup THM [Creamy Dreamy](#)
- 1 Tbsp. [coconut oil](#)
- 1 Tbsp. brewed [coffee](#)



Coating ingredients:

- 2 Tbsp. THM [Gentle Sweet](#)
- 1 Tbsp. instant coffee

Process all the latte ingredients together in the food processor. If they are too stiff, add a little more brewed coffee. If they are too soft, add a little more Baking Blend or whey.

Roll each ball in the coating. Store in the refrigerator.

If you like your Latte Balls a little sweeter, you can add some Gentle Sweet or Super Sweet. If you don't have the RxSugar syrup, you can make the Pancake Syrup recipe from the [Trim Healthy Cookbook](#) page 480 or you can use honey (but honey would make them higher in carbs and push them closer to a THM S Helper).

enJOY!

