

Hi there,

Sometimes it's hard knowing where to start when choosing healthy foods to plan a meal and to function optimally.

By combining the macro-nutrients (complex carbohydrates with fiber, protein and healthy fats) like seen in the following recipe you can enjoy food without feeling deprived.

This Chocolate Pistachio Protein Ball recipe is a perfect balance of low complex carbs with fiber, healthy fat and protein. Simple and delicious too!

Macros per 1 serving (ball):

Fat 15 g

Protein 5g

Sugar 5g

Fiber 3g

Carbs 11g

To calculate the net effect of how one protein ball will have on blood sugar, just do the math...

11 grams carbs - 3 grams fiber = 8 grams net carbs per ball

*Adjust medicine or insulin dose accordingly, per your doctors advise.

This is the magic formula on how to combine foods to help blood sugar control and reach a healthy weight.

Take these steps when preparing meals to improve blood sugar and help you reach a healthy weight.

Enjoy!

Melissa Slemp

Certified Nutritional Health Coach, thriving with Type 1 Diabetes.



Chocolate Pistachio Protein Balls

15 servings

15 minutes

Ingredients

- 6 ozs Dark Chocolate (roughly chopped)
- 1/4 cup Cocoa Powder
- 1 1/2 tbsps Vanilla Protein Powder
- 2/3 cup Sunflower Seed Butter (Can substitute with Almond or Cashew butter)
- 1 cup Pistachios (removed from shell, divided)

Nutrition

Amount per serving	
Calories	189
Fat	15g
Carbs	11g
Fiber	3g
Sugar	5g
Protein	5g
Cholesterol	0mg
Sodium	4mg
Potassium	256mg
Vitamin C	1mg
Calcium	29mg
Iron	2mg
Vitamin D	0IU
Folate	32µg
Vitamin B12	0µg
Magnesium	79mg
Zinc	1mg
Selenium	14µg

Directions

- 1 Add the dark chocolate, cocoa powder, protein powder, sunflower seed butter, and half the pistachios to a food processor and blend until well mixed and sticky. Add more sunflower seed butter if the mixture is too dry, or more pistachios if too wet.
- 2 Transfer to a mixing bowl and form into even balls with your hands, roughly one-inch in diameter.
- 3 Crush the remaining pistachios and coat each ball evenly. Store in the fridge or freezer until ready to enjoy.

Notes

Leftovers: Refrigerate in an airtight container for up to seven days or in the freezer for three months.

Serving Size: One serving is equal to one ball.

More Flavor: Add vanilla extract.

Pure Food Protein Powder: Try this organic plant-based product that I use and recommend. Get 20% off first purchase <https://www.purefoodcompany.com/shop/>