AMERICAN · SNACK · DESSERT

Keto Energy Balls with Pecans, Coconut and Flax

10 min · Makes 10 × 1 ball · 102 kcal a portion · Video 5:07 · Keto Connect

Vegetarian · Gluten-free ingredients

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Flax, pecans, coconut and protein powder with no added sugar: about 1.5 g net carbs and 6 g protein a ball, and the flaxseed makes it rich in plant omega-3.

Diet notes: Keto (1.4 g net carbs a serve).

Ingredients 7 · MAKES 10 × 1 BALL

- ☐ ⅓ cup **ground flaxseed meal**
- ☐ 12 **pecan halves** (about ¾ oz)
- ☐ 2 oz (2 scoops) **unflavoured protein powder**
- ☐ 1½ tbsp **coconut oil**, melted
- ☐ 3 tbsp **unsweetened nut milk** (macadamia or almond)
- ☐ ⅓ cup **unsweetened shredded coconut**
- ☐ 2–3 tbsp (about 1 oz) **sugar-free chocolate chips**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk, Tree nuts, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the flaxseed meal, pecans and protein powder in a food processor and pulse until the pecans are finely ground — a few small chunks are fine. 0:26
2. Add the melted coconut oil and 2 tbsp of the nut milk and process until the mixture starts sticking to itself; add the last tablespoon of milk if it stays crumbly. 1:23
3. Add the shredded coconut and chocolate chips and pulse briefly to mix them through (or roll the finished balls in them instead). 1:56
4. Scoop and roll into 10 small balls. Eat straight away or chill in the fridge to firm up. 3:04

> **Tip** They are only lightly sweet; add a few drops of liquid stevia if you like them sweeter. The written recipe rolls 8 larger balls. Keep in the fridge for up to 3 weeks.

The method is a summary in our words — the video shows every step.

One portion (1 ball) gives you 1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
102 kcal	5.6 g	4 g	2.6 g	7.9 g	30 mg
430 kJ	11% of a day	1.4 g net · 0.5 g sugars	9% of a day	4.1 g saturated	1% of a day
		1% of a day		10% of a day	

Energy from net carbs 6% · protein 23% · fat 71% — fits keto: 1.4 g net carbs, 71% of the energy from fat

High in (20%+ of a day) Omega-3 54%

Recipe and video: Keto Connect (@KetoConnect) on YouTube — youtube.com/watch?v=KWjbJo-Gnoc, published 27 August 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-energy-balls-pecan-coconut-flax