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## **Lemony Lentil Power Balls**

Prep Time: 20 min. Cook Time: 15 min.

Servings: 8 Servings

Serving Size: 2 balls

### **Ingredients:**

1/2 cup dried red lentils, rinsed  
1 cup rolled oats  
1/3 cup almond butter or cashew butter  
1/4 cup honey  
1/3 cup plain or vanilla protein powder  
1/3 cup dried shredded coconut  
1/4 cup ground flaxseed  
Zest of 1 lemon  
1 tsp ginger powder  
1/4 tsp salt

### **Directions:**

1. Place lentils in a saucepan with 1 cup of water. Bring to boil, reduce heat, cover, and simmer for about 15 minutes until lentils are very tender and water has been absorbed. Set lentils aside to cool.
2. Place oats in a food processor and blend until pulverized. Add cooked lentils and remaining ingredients and blend until mixture clumps together. Place mixture in the refrigerator for about 1 hour. This will help the mixture firm up a bit.
3. Keeping your hands damp, roll mixture into balls about the size of golf balls. You should get 16 balls.