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## Pineapple Coconut Protein Balls ♦♦

These Pineapple Coconut Protein Balls are a delicious and nutritious snack. They are made with natural ingredients and packed with protein, making them a great option for vegans and vegetarians. The combination of pineapple and coconut gives them a tropical flavor that is perfect for summer.

**Recipe Type:** Vegan

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 10

**Serving Size:** 20 g

### Ingredients

150 g	Pineapple
50 g	coconut flour
30 g	protein powder
30 g	almond butter
30 g	maple syrup

1 tsp	vanilla extract
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1 tsp	salt
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## Directions

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### Step 1

#### Blending

In a food processor, blend the pineapple until smooth.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Mixing

In a mixing bowl, combine the blended pineapple, coconut flour, protein powder, almond butter, maple syrup, vanilla extract, and salt. Mix well until the ingredients are fully incorporated.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Using your hands, roll the mixture into small balls. Place the balls on a baking sheet lined with parchment paper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Refrigerating

Refrigerate the balls for at least 1 hour to firm up.

**Prep Time:** 0 mins

**Cook Time:** 60 mins

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## Step 5

Serving

Serve and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 120 kcal

**Fat:** 6 g

**Protein:** 7 g

**Carbohydrates: 10 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	6 g	21.43%	24%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	80 mg	3.48%	3.48%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	150 mg	4.41%	5.77%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

# Recipe Attributes

## Seasonality

Summer Fall

## Events

Christmas New Year

## Cuisines

Italian

## Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium  
Sugar-Free High Vitamin C High Iron High Calcium

## Kitchen Tools

Blender Mixer

## Course

Desserts Salads Snacks

## Meal Type

Snack Supper

## Difficulty Level

Easy

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