

# ATURA

PLANT ORIGIN PROTEINS



## Fava-Voom chocolate orange protein balls

Ingredient Mix	Quantity
Atura Fava Bean Protein Isolate	21g
Pitted Dates	58g
Oats	50g
Cocoa Powder	4g
Water	25g
Giotti Chocolate Flavour A211	2.5g
Orange Zest	1.5g

Nutritional Information Typical Values		
Nutrient:	per 100g	per serving (10g)
Energy	1192kJ/282kcal	119kJ/28kcal
Fat	3.8g	0.4g
of which saturates	0.8g	0.1g
Carbohydrate	44g	4.4g
of which sugar	18g	1.8g
Protein	15g	1.5g
Salt	0g	0g

### Method

1. Submerge dates in warm water and leave for 15 minutes
2. Add all the dry ingredients, including the dates that have been drained, to a food processor and blend until a flour consistency is reached
3. Drip feed the water into the food processor while mixing to form a dough
4. Shape the dough into 16 balls

We simply shape what nature provides into sustainable protein ingredients, backed with science and market know-how.