

PROTEINSKE KROGLICE

SESTAVINE

- 500 g skute
- 160 g maslenih piškotov
- 160 g kokosove moke
- 100 g sladkorja v prahu
- 2 vanilijeva sladkorja
- kokosova mokai (za valjanje kroglic)



POSTOPEK

Skuto dobro prepasiramo. Odtehtamo sestavine in jih zgnetemo v enotno zmes.

Nato sledi ustvarjanje. Z rokami oblikujemo kroglice in jih povaljamo v kokosovi moki.

Če je masa premokra, dodamo še malo mletih piškotov ali kokosove moke.)

LAHKO DODATE KOŠČKE NASEKLJANE BELE ČOKOLADE.



RECEPT PRIPRAVILI UČENCI OŠ 27. JULIJ, KAMNIK, SLOVENIJA



PROTEIN BITES

INGREDIENTS:

- 500 g cottage cheese (leftover food)
- 160 g butter biscuits
- 160 g desiccated coconut
- 100 g powdered sugar
- 2 sachets vanilla sugar
- desiccated coconut (for rolling the balls)



INSTRUCTIONS:

Pass the cottage cheese through a sieve until smooth.
Weigh the ingredients and knead them into a uniform mixture.

Next comes the creative part. Shape the mixture into small balls with your hands and roll them in desiccated coconut.

If the mixture is too wet, add a bit more ground biscuits or coconut.

Optional: You can add pieces of chopped white chocolate.

