

Indian Malai Peda Protein Balls

Hands-on 15 minutes Overall 30 minutes



Nutritional values (per medium protein ball): Total carbs: 1 g, Fiber: 0 g, **Net carbs: 1 g**,

Protein: 8.6 g, Fat: 4.6 g, Calories: 80 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients (makes 20 medium or 25 small protein balls)

400 g ricotta cheese (14.1 oz)

50 g unsalted butter (1.8 oz)

160 g [whey protein powder](#), preferably unflavoured, or vanilla (5.6 oz)

1/3 cup [powdered Erythritol](#) or [any low carb sweetener](#) (53 g/ 1.9 oz), or to taste

1 tsp cardamom powder

butter or [ghee](#) for greasing

Optional: 1 tsp sugar-free [vanilla extract](#)

Optional: chopped or [whole almonds](#) for topping

Note: Opt for quality whey or egg white protein isolate (not whey protein "concentrate" which contains more carbs) and try different flavors (strawberry, chocolate, vanilla, etc).

Instructions

1. Melt the butter in the pan, keep the stove on low flame.
2. Add the ricotta cheese and mix with the butter. Keep mixing it till the cheese melts.
3. Add the sweetener and keep mixing it, ensuring the mixture does not stick to the pan.
4. Add the protein powder, half cup at a time, until the mixture starts to thicken. Keep stirring ensuring there are no lumps, and add the remaining powder. After 5 minutes of cooking, the mixture gets thick. Add the vanilla essence and cardamom powder and give it a good mix.
5. Let the mixture cool, so that you can shape them into balls. Grease your palms with butter or ghee and start shaping the lumpy mixture into small balls and pressing them slightly in the middle. You can make 20 medium shaped or 25 small shaped balls according to your own preference.
6. Optionally, top each ball with chopped or whole almonds. Keep the

protein balls refrigerated for up to a week, or freeze for up to 3 months. To serve, let them defrost in the fridge overnight.

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