



No Bake Protein Balls

Ingredients

- 1 ½ cups old fashioned rolled oats
- 1 cup peanut butter
- ¼ cup honey
- 2 scoops (50-60 g) chocolate protein powder
- 2 tablespoons mini chocolate chips

Instructions

- If you have a stand mixer, this would be the preferred method mixing all ingredients together,
- If you do not have a stand mixer, place oats, peanut butter, honey, protein powder and chocolate chips in a large bowl and stir to combine.
- Getting the mixture to combine takes a little arm muscle and it may seem too thick at first, but it will come together as you keep mixing.
- Once combined, use a small cookie scoop to scoop and form the dough into balls.
- Store in a covered container in the fridge or freezer.

MAKES 24 SERVINGS. NUTRITION PER SERVING (1 BALL): CALORIES: 110KCAL | CARBOHYDRATES: 8G | PROTEIN: 6G | FAT: 6G | FIBER: 1G

ADAPTED FROM EATING BIRD FOOD