



Protein Balls

 24 servings  15 Minutes

Ingredients

1 1/2 Cup Peanut Butter
1/2 Cup Honey
1 1/3 Cup Rolled Oats
1/2 Cup Vanilla Protein Powder
1/8 Tsp Salt
1/2 Cup Mini Chocolate Chips
Splash Vanilla Extract

These have completely replaced cookies and other desserts for me!

Enjoy

Method

1. Mix all ingredients in a bowl with a spoon until mixed
2. Use a spoon to scoop approx. 2 Tablespoons of mix and roll into a ball
3. Place on a cookie sheet lined with parchment paper
4. Place in fridge for 2 hours
5. Transfer to a storage container or large baggie

Notes:

1. a) You could add Chia Seeds, Ground Flax, Coconut, Dried Fruit.
2. b) Freeze up to 3 months
3. c) I use Vega Organic Protein and Greens Powder
4. d) Makes 24 balls, each are 160 Cal with 6g protein, 9g fat, 15g carbs