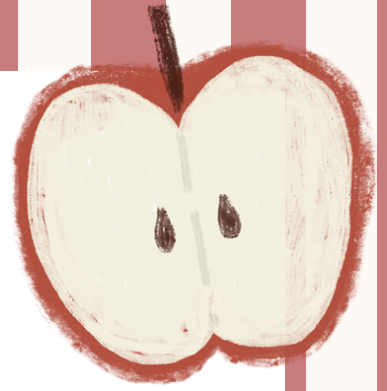




Oatmeal Raisin protein balls

- **1 cup rolled oats**
- **$\frac{1}{2}$ cup almond
butter**
- **$\frac{1}{4}$ cup vanilla
protein powder**
- **$\frac{1}{4}$ cup honey**
- **1 tsp cinnamon**
- **$\frac{1}{3}$ cup raisins**

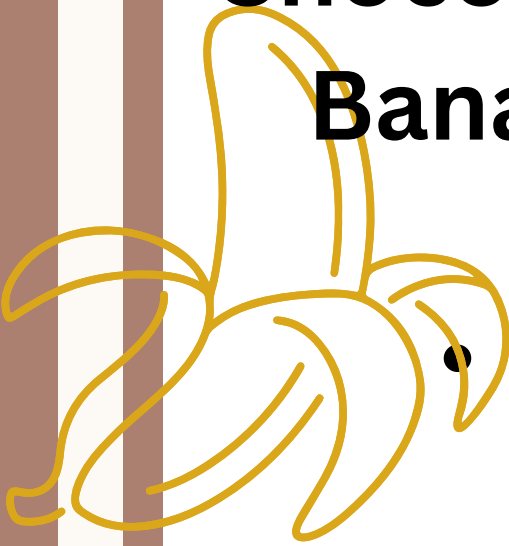
Apple Cinnamon Protein balls



- 1 cup oats
- $\frac{1}{2}$ cup almond butter
- $\frac{1}{4}$ cup vanilla protein powder
- $\frac{1}{4}$ cup unsweetened apple sauce
- 1 tsp cinnamon
- 1-2 tbsp honey

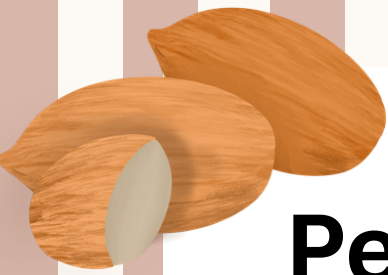


Chocolate Peanut Butter Banana protein balls



- **1 ripe banana,
mashed**
- **$\frac{1}{2}$ cup peanut
butter**
- **1 cup oats**
- **$\frac{1}{4}$ cup protein
powder**
- **1 tbsp cocoa
powder**
- **1 tbsp mini
chocolate chips**





Peanut/Almond Butter Protein Balls

- **1 cup rolled oats**
- **$\frac{1}{2}$ cup
peanut/almond/sun
butter**
- **$\frac{1}{4}$ cup honey or
maple syrup**
- **$\frac{1}{4}$ cup vanilla protein
powder**
- **$\frac{1}{4}$ cup Chia seeds**
- **Pinch of salt**
- **chocolate chips
(optional)**

