



Game-Day Matcha Protein Bites

Macros: 210 Calories; 11g Protein; 22g Carbs; 10g Fat

Ingredients

- 1 cup rolled oats
- 1/2 cup vanilla whey or plant-based protein powder
- 1 tbsp culinary-grade matcha powder
- 1/2 cup smooth almond butter
- 1/4 cup honey or agave syrup
- 1 tbsp chia seeds
- Splash of almond milk (if needed for consistency)

Directions

- In a large mixing bowl, whisk together the dry ingredients: oats, protein powder, matcha powder, and chia seeds until the mixture is an even, bright green.
- Fold in the almond butter and honey. Mix thoroughly until a thick, sticky dough forms. (Add a splash of almond milk if it's too dry).
- Roll the dough into 12 even-sized balls using your hands.
- Store in an airtight container in the refrigerator to set for at least 30 minutes before eating.