



Cottage Cheese Dark Chocolate Protein Bites

MAKES 12 SERVINGS

INGREDIENTS

- 3/4 cup cottage cheese (2%)
- 2 tbsp monk fruit sweetener
- 1 tsp vanilla
- 1 cup almond flour
- 1 cup oat flour
- 1/8 tsp salt
- 1/3 cup dark chocolate chips

DIRECTIONS

- Mix wet ingredients
- Add dry ingredients
- Fold in chocolate chips
- Form into balls
- Refrigerate 30 mins

CALORIES
125-135
kcal

PROTEIN
5-7
grams

CARBS
2-4
grams

FIBER
7-9
grams

FAT
10-12
grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED