



No-Bake Peanut Butter Banana Protein Bites

MAKES 16 BITES

INGREDIENTS

- 1 cup old-fashioned rolled oats
- 1/2 cup vanilla protein powder
- 1/4 cup PB2 powdered peanut butter (reconstituted with 2 tbsp water)
- 1/2 medium banana, mashed
- 2 tbsp honey or monk fruit syrup
- 1/4 cup ground flaxseed
- 1 tsp vanilla extract
- 1/4 tsp cinnamon
- 1/4 tsp salt
- 2-3 tbsp unsweetened almond milk (as needed)

DIRECTIONS

- In a large bowl, mix oats, protein powder, flaxseed, cinnamon, and salt.
- In a small bowl, combine reconstituted PB2, mashed banana, honey, and vanilla extract.
- Pour wet ingredients over dry and mix until well combined.
- Add almond milk 1 tbsp at a time if mixture is too dry.
- Roll into 16 balls (about 1 tbsp each).
- Refrigerate at least 30 minutes until firm.
- Store in refrigerator in an airtight container for up to 1 week.

CALORIES
70-85
kcal

PROTEIN
3-5
grams

CARBS
10-12
grams

FIBER
1-3
grams

FAT
2-3
grams