

No-Bake Oatmeal Protein Energy Balls

Yield: 20-24 balls (depends on size)

Ingredients

1 1/2 cups rolled oats

1/2 cup vanilla whey protein powder (about 2 scoops)

1/2 tsp cinnamon

1 T chia seeds

1/2 cup smooth natural peanut butter (or any nut butter)*

3 T natural honey

1 tsp vanilla extract

1/3 cup raisins, chocolate chips, craisins or preferred add-in

2-4 T liquid (almond milk, milk, water etc...)

Instructions

Add oats, protein powder, cinnamon and chia seeds to a large bowl.

Add in peanut butter, honey and vanilla extract. Stir to combine.

Add in raisins (or preferred add-in). Mixture should be slightly sticky but still crumbly.

Slowly add in liquid 1 tablespoon at a time and using hands (get dirty!) combine until it comes together in a sticky ball that holds together. If mixture is too dry, add in more liquid but not so much that it won't hold shape.

Roll into balls using hands.

Place in a container to set in the fridge for at least 30 minutes.

Store in fridge until ready to eat.

