

# Peanut Butter Apricot Protein Energy Balls



## Ingredients

1 1/4 cups old-fashioned oats  
3 tablespoons shredded coconut  
1/2 cup sliced almonds (chopped)  
1 scoop whey protein powder  
1/2 cup honey  
1/2 cup dried apricots (chopped)  
1/2 cup peanut butter

## Directions:

In a medium bowl, combine the oats, coconut, almonds, and protein powder. Stir until well distributed. Add the honey, apricots, and peanut butter, and stir all ingredients well. Put mixing bowl into the refrigerator for 20 to 30 minutes. Then roll into rounded balls. Chill. Will last refrigerated for about 5 days.

**Nutrition:** Yields 24

110 Calories: Fat 4.5g, Protein 4g, Carbs 14g, Fiber 2g