



Easy No Bake Protein Balls – 4 ways

Easy, portable, on-the-go breakfast or go-to snack to bridge the hunger gap! Also great as a pre-workout snack. In only 10 minutes you can whip up a batch that will last you all week long! Make all 4 flavors and freeze them to switch between so you never get bored!

INGREDIENTS:

Chocolate Peanut Butter

1 ½ cups	rolled oats (old fashioned)
1 cup	natural peanut butter
1/4 cup	honey (local)
2 scoops	chocolate protein powder
2 Tbsp	dark chocolate chips

Almond Joy

1 ½ cups	rolled oats (old fashioned)
1 cup	natural almond butter
1/4 cup	honey (local)
2 scoops	chocolate protein powder
¼ cup	shredded coconut
2 Tbsp	dark chocolate chips (optional)

Cinnamon Raisin Cookie

1 ½ cups	rolled oats (old fashioned)
1 cup	natural cashew butter
1/4 cup	honey (local)
2 scoops	vanilla protein powder
¼ cup	raisins
1 tsp	cinnamon
Pinch	salt

Tahini Chocolate Chip

1 ½ cups	rolled oats (old fashioned)
1 cup	tahini (or sunflower butter)
1/4 cup	honey (local)
2 scoops	vanilla protein powder
¼ cup	dark chocolate chips
Pinch	salt (optional)

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DIRECTIONS:

1. Place ingredients in a large bowl and stir to combine. It takes a little arm muscle, and you can also knead it a little with your hands if easier. (Can also use stand mixer)
2. Use small cookie dough scoop (#40) to form into balls. Add 1 tsp water at a time to hold dough together if crumbly.
3. Store balls in covered container in the refrigerator. Will keep well in purse or backpack all day. Also freeze nicely up to 3 months in freezer safe container.

Yields: 24 balls

Serving Size: 2 balls

Notes:

- vegan and dairy free if you use vegan chocolate chips
- gluten free if use certified gluten free oats
- use organic ingredients when possible
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- Inspired by recipe from *eatingbirdfood.com*