



High protein energy balls

Description

The easiest no bake protein balls on the internet with four different flavors.

Chocolate peanut butter, tahini chocolate chip, cinnamon raisin and almond joy.

Take 10 minutes to whip up a batch of these protein balls and snack healthy all week long.

Duration:

PREP TIME :10 minutes

TOTAL TIME: 10 minutes

SERVINGS: 24

Ingredients

CHOCOLATE PEANUT BUTTER

- 1 ½ cups old fashioned rolled oats
- 1 cup natural peanut butter
- ¼ cup honey or maple syrup
- 2 scoops, about 50-60 grams chocolate protein powder
- 2 Tablespoons chocolate chips

ALMOND JOY

- 1 ½ cups old fashioned rolled oats
- 1 cup natural almond butter
- ¼ cup honey or maple syrup

- 2 scoops, about 50-60 grams chocolate protein powder
- 1 2 Tablespoons unsweetened shredded coconut

CINNAMON RAISIN COOKIE

- 1 1/2 cups old fashioned rolled oats
- 1 cup cashew butter
- 1/4 cup honey or maple syrup
- 2 scoops, about 50-60 grams vanilla protein powder
- 2 Tablespoons raisins
- 1/4 teaspoon cinnamon

TAHINI CHOCOLATE CHIP

- 2 cups old fashioned rolled oats
- 1 cup tahini
- 1/4 cup honey or maple syrup
- 2 Tablespoons mini chocolate chips

Instructions

CHOCOLATE PEANUT BUTTER

- Place oats, peanut butter, honey, protein powder and chocolate chips in a large bowl and stir to combine.
- Getting the mixture to combine takes a little arm muscle and it may seem too thick at first, but it will come together as you keep mixing. I used my hands to knead the dough near the end and that seems to help.
- Once combined, use a small cookie scoop to scoop and form the dough into balls.
- Store in a covered container in the fridge or freezer.

ALMOND JOY

- Place oats, almond butter, honey, protein powder and shredded coconut in a large bowl and stir to combine.
- Getting the mixture to combine takes a little arm muscle and it may seem too thick at first, but it will come together as you keep mixing. I used my hands to knead the dough near the end and that seems to help.
- Once combined, use a small cookie scoop to scoop and form the dough into balls.
- Store in a covered container in the fridge or freezer.

CINNAMON RAISIN COOKIE

- Place oats, cashew butter, honey, protein powder, raisins and cinnamon in a large bowl and stir to combine.

- Getting the mixture to combine takes a little arm muscle and it may seem a little crumbly at first, but it will come together as you keep mixing. I used my hands to knead the dough near the end and that seems to help.
- Once combined, use a small cookie scoop to scoop and form the dough into balls.
- Store in a covered container in the fridge or freezer.

TAHINI CHOCOLATE CHIP

- Place oats, tahini, honey, protein powder and chocolate chips in a large bowl and stir to combine.
- Getting the mixture to combine takes a little arm muscle and it may seem too thick at first, but it will come together as you keep mixing. I used my hands to knead the dough near the end and that seems to help.
- Once combined, use a small cookie scoop to scoop and form the dough into balls.
- Store in a covered container in the fridge or freezer.

Notes

- If the protein ball mixture seems a little too dry or crumbly, add water or almond milk, 1 teaspoon at a time, until the mixture forms together.

Nutrition

Serving: 1 ball (Chocolate PB) | Calories: 104kcal | Carbohydrates: 10g | Protein: 5g | Fat: 6g | Saturated Fat: 1g | Polyunsaturated Fat: 5g | Sodium: 2mg | Fiber: 2g | Sugar: 3g

Category

1. High Protein Recipes

Date

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