

HEALTHY PROTEIN BALLS RECIPE

INGREDIENTS

- 1 cup rolled oats
- 1/2 cup nut butter (almond, peanut, or cashew)
- 1/3 cup honey or maple syrup
- 1/2 cup ground flaxseed
- 1/4 cup chia seeds
- 1 teaspoon vanilla extract
- A pinch of salt
- 1/4 cup dark chocolate chips or cacao nibs for extra indulgence
- Optional: 1/2 cup chopped nuts (walnuts, almonds, or a mix)



INSTRUCTIONS

1. Combine Dry Ingredients: In a large bowl, mix together the rolled oats, ground flaxseed, chopped nuts (optional), chia seeds, and a pinch of salt. This nutrient-rich blend forms the base of your protein balls.
2. Add Wet Ingredients: Add the nut butter, honey or maple syrup, and vanilla extract to the dry mixture. Stir until all ingredients are well combined. The nut butter provides a creamy texture, while the sweetener adds a touch of sweetness.
3. Chocolate Indulgence: For a decadent twist, fold in dark chocolate chips or cacao nibs. This not only enhances the flavor but also adds a delightful crunch to your protein balls.
4. Mix and Shape: Ensure all ingredients are evenly distributed. If the mixture is too dry, you can add a bit more honey or nut butter. Once the mixture reaches a dough-like consistency, use a cookie scooper and your hands to shape it into bite-sized balls.
5. Chill and Set: Place the protein balls on a parchment-lined tray and let them chill in the refrigerator for at least 30 minutes. This helps them firm up and hold their shape.
6. Serve and Enjoy: Once the protein balls have set, transfer them to an airtight container. Keep them refrigerated for freshness. Grab a couple whenever you need a quick energy boost or a satisfying snack.

RECIPE TIPS

- Check out my recipe tips [here!](#)