



Protein Balls

SERVINGS: 12

PREPPING TIME: 15 MIN

COOKING TIME: NONE

Ingredients

1 Cup Nut Butter (I use NuttZo)
2 Cups Rolled Oats
¼ Cup Chia or Flax Seeds
4 Scoops Protein Powder
½ Cup Honey or Maple Syrup
Optional: Dark Chocolate Chips and/or Coconut

Directions

1. Mix all of the ingredients in a bowl.
2. Add a little water if needed for moisture.
3. Roll into 1-2 inch balls.
4. Refrigerate.
5. Enjoy as a snack!