

CHOCOLATE PEANUT BUTTER NO-BAKE PROTEIN BITES

Vegetarian

Serves: 1 small ball

Nutrition (per serving)

Calories: 94

Total Fat: 3 g

Total Carbohydrate: 14 g

Dietary Fiber: 1 g

Total Sugars: 7 g

Protein: 5 g

PREP TIME: 10 min

Ingredients

- 1 cup steel or rolled oats (rolled oats would provide a softer texture versus steel)
- 1/2 cup honey
- 1/3 cup natural peanut butter
- 1 Tablespoon cocoa powder (mini chocolate chips or shaved chocolate bars work well too)
- 2 Scoops of chocolate protein powder
- 1 teaspoon of salt

Directions

1. In a medium sized bowl, mix together all ingredieents with a spoon (wearing gloves and mixing wiht your hands works well too).
2. Scoop out 1/2 inch portions and hand roll into a ball or use a cookie scoop. Enjoy!

Storage: You can store them in the fridge for up to a week or store them in the freezer for up to 3 months.