



Protein Balls

Ingredients

- 2 cups rolled oats
- 75g protein powder
- ½ cup flaked almonds (chopped)
- ¾ cup unsweetened almond milk
- 4 heaped tablespoons crunchy peanut butter
- 2 tablespoons honey

Method

- Mix all the dry ingredients together.
- Add almond milk and use a fork to mix through.
- Add peanut butter, use fork as above.
- Add honey, use fork as above.
- Measure out a tablespoon of mixture and squeeze it together then roll between the palms of your hands.
- Put in the fridge to chill.
- Can be frozen.



Details

- Prep time: 30 minutes (rolling takes the time)
- Cooking time: no cooking
- Serves 38 small balls
- Per serving:
- Calories 61
- Carbs 4 grams
- Fat 4 grams
- Protein 2 grams