

Loaded Protein Balls



These convenient protein balls are loaded with nutrition! Recipe from Julie Stoner.

SERVINGS 42-48 balls

PREP TIME 10 minutes

COOK TIME N/A

PASSIVE TIME N/A

Ingredients

- 2 cups **Old Fashioned Rolled Oats** (192 g)
- ½ cup **Shredded Coconut** (40 g)
- ¼ cup **Hulled Hemp Seed** (38 g)
- ¼ cup **Golden Flaxseed Meal** (26 g)
- ¼ cup **Organic Chia Seeds** (52 g)
- ½ cup **Almond Protein Powder** (44 g)
- ½ tsp Salt
- ½ cup Creamy Peanut Butter or Almond Butter (132 g)
- ½ cup Honey (120 mL)
- 2 Tbsp Coconut Oil

Instructions

1. In a medium bowl, mix dry ingredients.
2. In a microwave-safe container add peanut butter, honey and coconut oil. Microwave for about 45 seconds or until it is melted and can be incorporated together.
3. Add peanut butter mixture to the dry ingredients. Stir well.
4. Scoop 1 tablespoon mixture. Roll and form into balls.
5. Store in an airtight container for 3-5 days.