

Zucchini Bread Recipes

Easy Peanut Butter Protein Balls

10 min Prep time	**10 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 1 cup natural peanut butter
- [ ] 1 cup rolled oats
- [ ] 1/2 cup vanilla protein powder
- [ ] 1/4 cup honey
- [ ] 2 tbsp ground flaxseed
- [ ] 1 tsp vanilla extract
- [ ] Pinch of sea salt

Optional Add-ins

- [ ] 2 tbsp mini dark chocolate chips
- [ ] 1 tbsp shredded coconut
- [ ] 1 tsp cinnamon

Instructions

1. In a medium bowl, combine the peanut butter, honey, vanilla extract, and sea salt. Stir gently until the mixture is smooth and glossy.
2. Add the rolled oats, protein powder, and ground flaxseed to the wet mixture. Mix until everything is evenly coated; the texture should be slightly sticky but manageable.
3. If you'd like a chocolate twist, fold in the chocolate chips now. For an extra burst of flavor, check out the pumpkin protein balls for inspiration.
4. Cover the bowl and place it in the refrigerator for about 10 minutes. This short chill helps the mixture firm up for easier rolling.
5. Remove the mixture, and using a tablespoon, roll into bite-size balls, feeling the gentle resistance between your palms. If you're curious about other snack ideas, the energy balls page has many variations.
6. Arrange the finished balls on a plate or parchment paper. For a fun twist, dust them lightly with cocoa powder, reminiscent of oreo balls.

Nutrition per serving

180 kcal	8 g	15 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too dry, add a splash of milk or water, a teaspoon at a time.
- Use a cookie scoop for uniform size and less finger mess.
- For a tropical version, substitute honey with maple syrup and add shredded coconut.