

Zucchini Bread Recipes

Lemon Poppyseed Protein Balls (No-Bake)

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 1 cup almond butter
- [ ] 1/2 cup honey or maple syrup
- [ ] 1/2 cup vanilla protein powder
- [ ] 2 tbsp poppy seeds
- [ ] Zest of 2 lemons
- [ ] 2 tbsp fresh lemon juice
- [ ] 1/4 tsp sea salt

Instructions

1. In a large bowl, whisk together the almond butter, honey, and lemon juice until smooth.



2. Add the lemon zest, protein powder, poppy seeds, and sea salt; stir until everything is evenly coated.



3. Using a spoon, scoop out about a tablespoon of mixture and roll between your palms to form a ball.



4. Place each ball on a parchment-lined tray; optionally roll them in extra poppy seeds for a decorative finish.



5 Refrigerate for 15 minutes to set, then enjoy or store in an airtight container.



Nutrition per serving

180 kcal	6 g	18 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too sticky, chill it for a few minutes before rolling.
- Adjust the amount of honey to suit your sweetness preference.
- A light dusting of powdered sugar adds a decorative touch without overwhelming the lemon.