

Zucchini Bread Recipes

Pumpkin Protein Balls - Gluten-Free Vegan Recipe

15 min Prep time	**15 min** Total time	**18** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Dry Ingredients

- [ ] 1 cup rolled oats (gluten-free if needed)
- [ ] 1/2 cup vanilla vegan protein powder
- [ ] 1/4 cup almond flour
- [ ] 1 teaspoon pumpkin pie spice
- [ ] 1/2 teaspoon cinnamon
- [ ] 1/4 teaspoon salt

Wet Ingredients

- [ ] 1/2 cup pumpkin puree
- [ ] 1/4 cup almond butter
- [ ] 3 tablespoons maple syrup
- [ ] 1 teaspoon vanilla extract

Optional Add-ins

- [ ] 2 tablespoons mini chocolate chips (vegan)
- [ ] 2 tablespoons chopped pecans
- [ ] 2 tablespoons shredded coconut

Instructions

1. In a medium bowl, whisk together the rolled oats, protein powder, almond flour, pumpkin pie spice, cinnamon, and salt until well combined. I like to use my hands for this - there's something satisfying about feeling the textures mix together.
2. In a separate bowl, combine the pumpkin puree, almond butter, maple syrup, and vanilla extract. Mix until smooth and creamy. If your almond butter is stiff, warm it slightly first. The mixture should look like a thick, spiced paste.
3. Pour the wet ingredients into the dry ingredients and mix until fully incorporated. At first it might seem dry, but keep mixing - it will come together. If using add-ins like chocolate chips or nuts, fold them in now.
4. Let the mixture rest for 10 minutes to allow the oats to absorb the moisture. This is when the magic happens - the flavors start to meld and the texture improves. If it still seems too wet, add a tablespoon more oats.
5. Using damp hands, roll tablespoon-sized portions into balls. Damp hands prevent sticking and make rolling much easier. Place the balls on a parchment-lined baking sheet or plate.
6. Refrigerate for at least 30 minutes, or until firm. This chilling step is crucial - it helps them hold their shape and makes the flavors pop. They'll be ready to enjoy once chilled!

Nutrition per serving

85 kcal	6 g	8 g	4 g
Calories	Protein	Carbs	Fat

Tips & notes

- Store in an airtight container in the refrigerator for up to 10 days
- These freeze beautifully - layer between parchment paper in a freezer-safe container
- For nut-free version, use sunflower seed butter and omit almond flour
- Taste the mixture before rolling and adjust sweetness to your preference