

RECIPE

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No Bake Peanut Butter Protein Bites

INGREDIENTS

- 1 cup old fashioned oatmeal {dry, uncooked}
- ½ cup ground flaxseed
- 2/3 cup unsweetened coconut flakes
- ¾ cup peanut butter (smooth)
- 1 tsp vanilla extract
- 2 scoops of whey protein powder {I used EAS in vanilla flavor}
- ¼ cup of honey
- ¼ cup of {semi-sweet or milk chocolate} chocolate chips

DIRECTIONS

In a large bowl, combine the dry ingredients.

Add the peanut butter, honey, and vanilla extract to the dry ingredient mixture and combine with a spoon. Make sure the mixture is thoroughly combined.

Chill for one hour.

Scoop out 1 to 2 tablespoons of the chilled mixture and squeeze in the palm of your hand. Roll into balls.

Note: If your mixture is not sticking together after it's been chilled, add two additional tablespoons of honey and combine.

Store the protein bites in an airtight container in the fridge. Use within 10 days.

Makes 14-16 protein bites. Serving size: 2 protein bites.