

# 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.