



PB Protein Balls

SERVING SIZE: 1.5 TBSP BALL
YIELD: 12

PREP TIME: 10 MIN
TOTAL TIME: 10 MIN

Ingredients

- 1 cup old fashioned oats
- 2/3 cup creamy peanut butter
- 3 tbsp honey or maple syrup
- 1/2 cup peanut butter powder
- 1/2 cup dark chocolate chips

Directions

1. In a medium mixing bowl, place the peanut butter, protein powder, rolled oats, chocolate chips, and honey.
2. With a wooden spoon, sturdy rubber spatula, or your hands, mix the dough together. (I start with a spatula and then switch to my hands.)
3. Use a 1.5 tablespoon cookie scoop to scoop dough into ball shapes.
4. Enjoy!

Nutrition Facts	
12 servings per container	
Serving size	1.5 Tbsp Ball (0.0g)
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2.5g	13%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 16g	6%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes 7g Added Sugars	14%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.7mg	4%
Potassium 80mg	2%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Cost Per Recipe

\$3.25

Cost Per Serving

\$0.27