

Protein Energy Balls – Makes 20 Balls

<https://www.eminencenutrition.com/protein-energy-balls>



Ingredients:

- 1 cup Oats
- 1 scoop protein powder
- 2/3 cup Unsweetened coconut flakes
- 3/4 cup Natural butter
 - o Or any kind of nut/seed butter
- 1/2 cup Ground flaxseed
- 2 tbsp. Chia seeds
- 1/3 cup Honey
 - o Or maple syrup, or agave
- 1 tsp. Vanilla
- Chocolate chips (optional)

Directions:

1. Combine all ingredients into a bowl and stir until mixed.
2. Roll into 1" balls (or flat bars - any shape you'd like)
3. Store in the fridge. They also freeze very well, so you can double or even triple the recipe to store extras in the freezer.
4. Enjoy 😊

Nutrition Facts

servings per container
Serving size (27g)

Amount per serving
Calories 140

% Daily Value*

Total Fat 8g 10%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 35mg 2%

Total Carbohydrate 11g 4%

Dietary Fiber 2g 7%

Total Sugars 5g

Includes 5g Added Sugars 10%

Protein 5g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 134mg 740%

Potassium 69mg 2%

*The % Daily Value 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.

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