

# Chia 'n Peanut Protein Balls

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↑↓ Servings: 16 balls



## NUTRITION (per serving)

CALORIES	PROTEIN	FATS	CARBS	FIBER
139 kcal	7 g	9 g	9 g	2 g



COURSE  
Snack

## INGREDIENTS

- 1 Cup Peanut Butter
- 0.33 Cup Protein Powder Vanilla
- 0.5 Cup Rolled Oats
- 1 Tbsp Chia Seeds
- 2 Tbsp Honey
- 0.25 Cup Mini Chocolate Chips
- 1-4 Tsp Water

## INSTRUCTIONS

1. Place peanut butter, protein powder, rolled oats, chia seeds, honey, and mini chocolate chips into a medium bowl.
2. Use a wooden spoon or your hands to mix the dough together. At this point, begin to add water by the teaspoon.
3. Depending on how drippy your peanut butter is, you'll need to add more or less water. The water not only helps moisten things so your balls hold shape, but they actually help your

balls become less chalky.

4. Use a 1 tablespoon scoop to scoop dough into your palms. Roll into balls until all dough is gone. You should get somewhere between 14-16 balls.
5. Store in the refrigerator for up to a week or in the freezer for up to 3 months.



KEYWORDS

Snack