

Angie Bloom

Beauty & The Bike PB Protein Balls

Ingredients:

- 1 Cup Rolled Oats
- ½ cup almond, sunflower or Peanut Butter
- 1/3 cup clover honey (SIBO Friendly)
- ½ cup chocolate chips (I used Lily's Premium Stevia Sweetened Chips)
- ½ cup organic ground flax seed
- 1 scoop protein powder (I used vanilla) You can also omit this step.
- 1 teaspoon vanilla or almond extract. I love the taste of almond which reminds me of an almond joy.
- ½ cup chia seeds.

Great tip - When using sticky ingredients (honey, nut butter, etc.) to help you create less mess before using your measuring spoons or cups spray them with a healthy oil first. This way these sticky products will not stick to the spoons or cups. This will save you on clean up and makes the transfer so easy! Try it next time! Or, use a melon baller and make sure you wash your hands a lot!

Directions:

1. Combine oats, chocolate chips, flax seed, peanut butter, honey, and vanilla extract together in a bowl; form into balls using your hands. Arrange energy bites on a baking sheet and freeze until set, about 1 hour. Having your nut butter at room temperature helps this process go faster.
3. Place balls on parchment paper place in refrigerator or freezer to cool then place in container to store for about a week.

Makes: Approx. 24 balls.

Nutrition: Calories 94, Protein 3.5g, Carbs 10.6g, Fiber 1.9g, Sugar 3g, Fat 5.3g