4 Ingredient Protein Balls

An easy 5-minute recipe for homemade protein energy balls made with 4 ingredients! Chewy, easy and made in one bowl, they are easily customizable with a myriad of options!

Ingredients

- 3 cups rolled oats or quick oats
- ½ cup vanilla protein powder
- 1 cup peanut butter
- ½ maple syrup or ½ honey
- ¼ cup chocolate chips (I used the mini chocolate chips) optional

Instructions

- 1. In a large mixing bowl, mix your oats with protein powder until combined. Add peanut butter and syrup/honey and mix well. Fold through your mixins of choice.
- 2. Lightly wet your hands or spray with cooking spray. Form 20-24 balls of dough.
- 3. Place on a plate and refrigerate until firm.
- 4. Mix-in/Flavor Variations For Flavor variations, make the basic base recipe first. Then fold through the extra ingredients to change up the flavors.

See back side for more ideas on variations!



Monster Cookie Protein balls

Protein base ½ cup mini-M&M's

• White Chocolate Cranberry balls

Protein base

4 cup White Chocolate chips

4 cup unsweetened dried

cranberries

Chocolate Peanut Butter

Protein ball base ½ cup cocoa powder ¼ cup chocolate chips

Blueberry Dark Chocolate

Protein ball base ¼ cup dark chocolate chips ¼ cup dried blueberries

You can customize them in tons of ways.

- Swap out the peanut butter with either almond butter, cashew butter, sunflower seed butter or natural peanut butter.
- Add power mix-ins: chia seeds or flax seed.
- Lower the calories: use low calorie peanut butter, swap out maple syrup for sugar free maple syrup or sugar free honey.
- Use any sweeteners—honey, maple syrup or sugar free alternatives

Interested in more meal ideas? Want to learn about nutrition? Find out how to better manage chronic health conditions like diabetes, chronic kidney disease (CKD), high cholesterol? Or just wanting to eat healthier and feel confident in your food choices?

...A dietitian can help!

Talk to your doctor about a referral for nutrition services or give us a call at **309-944-9118**. We're here to help you!

