

Protein Balls

Ingredients:

- 1 cup oats
- $\frac{2}{3}$ cup peanut butter
- 2 Tbsp ground flaxseed
- 2 Tbsp honey
- 2 Tbsp protein powder
- 1 tsp vanilla
- $\frac{1}{4}$ cup mini chocolate chips



Instructions:

- 1 In a large bowl, mix the oats, peanut butter, flaxseed, honey, protein powder, vanilla, and chocolate chips. The mixture will be thick.
- 2 Use a 2 tablespoon cookie scoop to portion the mixture, then roll each scoop into a ball using your hands.
- 3 Place the balls on a cookie sheet and chill in the refrigerator for 1 to 2 hours, or until firm.
- 4 Store the protein balls in the refrigerator for up to 1 week. They also freeze well for up to 3 months.