



## High Protein Peanut Butter Balls Recipe

### Description

Peanut Butter Protein Balls- these no-bake protein balls are made with oat flour, peanut butter, honey, vanilla, sea salt, protein powder, and dipped in chocolate.

Whenever I want an EASY peanut butter chocolate treat, I make my **Peanut Butter Protein Balls**. They are SO easy to make, you only need a few basic ingredients, and they are SO good.

Store in the fridge or freezer so you can have a healthy snack or treat anytime.

### Ingredients

- 3/4 cup old fashioned oats
- 2/3 cup creamy peanut butter
- 3 tablespoons honey
- 3 tablespoons vanilla protein powder
- 1 teaspoon pure vanilla extract
- Pinch of sea salt
- 1/2 cup chocolate chips
- 1/2 teaspoon coconut oil
- Flaky sea salt, for sprinkling on top

### Instructions

- Line a tray or baking sheet with parchment paper or wax paper.
- Add the oats to a blender and blend until you have oat flour, about 30 seconds.
- In a medium bowl, combine the oat flour, peanut butter, honey, protein powder, vanilla, and sea salt. Stir with a spatula until well combined.
- Use a small cookie scoop, 1 tablespoon, to scoop the peanut butter mixture into balls. Place on prepared tray or sheet. Place in the freezer for 15 minutes or in the fridge for 30 minutes.

- Add the chocolate chips and coconut oil to a medium microwave safe bowl. Place in the microwave and heat in 30 second intervals until smooth.
- Dip the peanut butter balls in melted chocolate and use a spoon to pour some chocolate over the top then lift and allow excess chocolate to run off.
- Return to the tray or baking sheet and sprinkle with flaky sea salt.
- Refrigerate balls for at least 1 hour to allow the chocolate to set before serving. Once chocolate is set, you can store them in an airtight container in the refrigerator, layered with parchment or wax paper, for up to 2 weeks.

## Notes

You can also freeze the balls for up to 2 months.

## Nutrition

Calories: 174kcal, Carbohydrates: 17g, Protein: 8g, Fat: 9g, Saturated Fat: 2g, Polyunsaturated Fat: 2g, Monounsaturated Fat: 4g, Trans Fat: 0.01g, Cholesterol: 8mg, Sodium: 76mg, Potassium: 117mg, Fiber: 1g, Sugar: 11g, Vitamin A: 17IU, Vitamin C: 0.1mg, Calcium: 37mg, Iron: 1mg

## Category

1. High Protein Recipes

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