



Chocolate No Bake Oaty Peanut Butter Protein Energy Balls

I make these regularly and in under 10 minutes, you can have these chocolate no bake peanut butter oat balls ready to go for your pre or post workout snack. Best part? There are no dates or food processors involved so you can make these no bake energy balls in no time. They contain oats for energy, protein and heart health and peanut butter for protein.

Serves: 10, Prep time: 00:10, Cook time: 00:00

Instructions

1. In a medium-size bowl, mix together all ingredients.*
2. Then wet hands. Use a tablespoon cookie scoop to scoop out dough and roll between your palms to form balls.
3. Store in the fridge for up to 1 week or in the freezer for up to 3 months.

Ingredients

- 1 cups Oats, rolled, raw
- 1/4 cups Honey
- 1/4 cups Peanut butter
- 2 tablespoon Cocoa powder

TIPS & NOTES

For this recipe, make sure you use drippy peanut butter. The moisture in the oils will help these balls form!

Option to place all ingredients in a food processor and process until a dough is formed. Some like to do this for easier digestion!

If your dough is a little too dry, add more honey.

I sometimes use Maple syrup instead of honey but reduce the quantity as they may get too soft.

NUTRITION FACTS

Calories 93kcal

Carbohydrates 13g

Protein 3g

Fat 4g

Fibre 2g

Sugar 3g

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