

A top-down view of a brown ceramic bowl with a geometric pattern, filled with several round, golden-brown protein balls. The balls are studded with various seeds and nuts, including almonds, flax seeds, and hemp seeds. The background is a light, textured surface.

Protein Power Balls



ingredients

- 1 C organic old fashioned oats
- 1 serving plant-based protein powder
- 1 tsp cinnamon or pumpkin spice
- 1/2 C fresh ground flax seed
- 1/2 C organic cocoa nibs
- 1/2 C organic almond butter
- 1/3 C local honey
- 1 tsp vanilla

Optional Ingredients:

- pulp from 1 batch of nut milk
- 2/3 C unsweetened coconut shreds

instructions

In a medium bowl combine oats, plant based protein, cinnamon, fresh ground flax seed, and cocoa nibs. Give everything a good stir until well combined. Next, add in your wet ingredients: vanilla, local honey (or organic real maple syrup) organic almond butter . Note: If you make your own nut milk at home, this is a great recipe for adding in the left over pulp from almond milk, cashew milk, hemp milk, etc. Stir everything until well combined. Use a small "ice cream scoop" (about 1 tablespoon size) and spoon out into individual bite size portions. If you'd like to be extra fancy, you can roll the protein balls in unsweetened coconut shreds for extra taste and texture.

Store in the refrigerator and enjoy as a tasty snack or compliment to your breakfast smoothie!

Protein balls keep well in the freezer for up to 3 months.

