



Peanut Butter Chocolate Chip no bake protein balls

Ingredients

- 1 cup of old fashioned oats
- 2/3 cup of shredded coconut (sweetened or unsweetened)
- 1/2 cup of peanut butter
- 1/2 cup of ground flaxseed
- 1/2 cup of semi sweet chocolate chips
- 1/3 cup of maple syrup or honey
- 1 TBSP of chia seeds (*optional*)
- 1 tsp of vanilla extract

Yield: 20 -25 energy balls: about 1 inch round

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Tools and Equipment

- Measuring cups
- Measuring spoons
- Disposable gloves
- Mixing bowl
- Rubber spatula
- Cookie scoop

Directions

- 1.) Place oats, shredded coconut, peanut butter, flaxseeds, chocolate chips, maple syrup, chia seeds and vanilla in a large mixing bowl. Stir together to combine.
- 2.) Mixture might seem dry/crumbly at first but with continued stirring (may also knead by hand with gloves) it will come together.
- 3.) Once combined, cover mixing bowl and allow them to chill in the fridge for 1-2 hours.
- 4.) Once chilled, use a cookie scoop to scoop and form the balls.
- 5.) Serve immediately or store in a sealed container in the fridge or freezer.