

Protein Balls

Ingredients

- 3 cups rolled oats
- ½ cup chia seeds
- 1/2 cup vanilla protein powder
- 1 cup creamy peanut butter
- 1/2 cup maple syrup
- ½ cup mini chocolate chips
- 1-2 TBS water

Directions

1. In a large mixing bowl, mix your oats with protein powder until combined. Add your peanut butter, chia seeds and syrup and mix well. Fold in your chocolate chips.
2. Lightly wet your hands (or spray them with cooking spray). Form 20-24 small balls of dough. Place on a plate and refrigerate until firm. (if they aren't sticking together, add 1-2 TBS of water)
3. Store in an airtight container in the fridge

MADE WITH LOVE

by Teresa Forehand