

No Bake Protein Energy Balls

from Kroll's Korner (krollskorner.com)

Ingredients

- 1 cup rolled oats
- 1/2 cup almond flour (or almond meal)
- 6 pitted dates, chopped
- 3/4 cup nut butter (peanut, almond, soy, cashew, etc)
- 2 tablespoons water
- 1 tablespoon chia seeds
- 1 scoop vanilla protein powder
- 1 tablespoon infused coconut oil, melted
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt

Instructions

- In the bowl of a food processor, add in the oats and pulse a few times.
- Add in all other remaining ingredients and process on high until mixture is well combined.
- Roll into balls using a cookie scoop or your hands. Recipe makes about 13-15 bites.
- Drizzle with melted chocolate on top (optional). Store in an airtight container in the fridge for up to 1 week.
- Mixture may appear crumbly. Once you start to form it together between your palms it will come together to make a ball. If it's just not working out, add more nut butter and a splash of water, blend again until desired consistency is reached.

Notes

You can also use coconut or chickpea flour

Soak dates in warm water for about 10 minutes if needed prior to chopping and blending.

Freeze for up to two months.

Optional toppings: roll in unsweetened shredded coconut or hemp hearts, drizzle with melted peanut butter or melted chocolate.