

Chocolate Chip Peanut Butter Protein Bites

Makes 24 servings

Ingredients:

- 3 cups rolled oats
(with or without gluten)
- 1/2 cup vanilla protein powder
- 1 cup peanut butter
(or any other nut/seed butter)
- 1/2 cup maple syrup
- 1/4 cup chocolate chips

Directions:

- Combine oats with protein powder in a large bowl.
- Add in peanut butter, syrup and any optional ingredients.
- Form the dough into two dozen small balls. (It's easier if you wet your hands or coat them with cooking spray.)
- Refrigerate for about five minutes until set.

Store in a covered container in the refrigerator for up to four weeks. You can also freeze them for up to six months.

Nutrition Facts:

- Calories: 98
- Carbohydrates: 12g
- Protein: 6g
- Fat: 5g
- Sodium: 57mg
- Potassium: 131mg
- Fiber: 2g
- Calcium: 32mg
- Iron: 1mg
- Net Carbs: 10g

Serving Size: 1 protein ball

