



Protein Peanut Butter Energy Bites

SHOPPING LIST:

- Natural Almond or Peanut Butter (1/2 cup) **Helps if the nut butter is runny, which is why natural works best.*
- Honey (1/4 cup)
- Vanilla Extract (1 tsp)
- Protein Powder (1/3 cup) **I will be using ORGAIN brand protein powder. You can omit protein powder, if you would like, and simply add a little more oats to the mixture if it appears too wet.*
- Flaxseed (1/3 cup, ground) **Please choose ground flaxseed, NOT whole flaxseeds*
- Rolled Oats / Old-Fashioned Oats (1/2 cup)
- Cinnamon (1/2 tsp)
- Chia Seeds (1 Tbsp)
- Mini Chocolate Chips (1 Tbsp)
- Unsweetened Shredded Coconut (1/4 cup) **Optional*

SPECIAL INSTRUCTIONS: Have all ingredients prepped and measured before the demonstration, if you are planning to cook along. **Please note:** I will be making the protein balls WITHOUT a food processor, so starting from STEP 2 of the directions. Feel free to use a processor if you would like!

ALLERGY INFORMATION: If desire to be gluten free, simply choose *Gluten Free Oats*. For dairy free, choose *Enjoy Life Chocolate Chips* or other dairy free option of choice.

<https://www.ambitiouskitchen.com/protein-peanut-butter-energy-bites/>