

From our kitchen to yours



Peanut Butter Protein Balls

Courtesy of Lauren Miyashiro

Yields: 24 Prep Time: 5 min Total Time: 40min

Ingredients:

1¼ cup old fashioned oats	½ cup unsweetened, shredded coconut
¼ cup mini chocolate chips	2 tbsp chia seeds
2 tbsp flax seeds	½ tsp ground cinnamon
¼ tsp kosher salt	¾ cup natural peanut butter
¼ cup honey	2 tsp pure vanilla extract
2 tbsp milk	

Directions:

Line a large baking sheet with parchment paper. In a large bowl, stir oats, chocolate chips, coconut, chia, flax, cinnamon, and salt until combined. Stir in peanut butter, honey and vanilla. Mixture should be slightly crumbly. If it's too dry, gradually stir in milk.

Roll mixture into balls then place on prepared baking sheet. Refrigerate until chilled, about 30 minutes.

