



Cinnamon Roll Protein Bites

PREP TIME

30 min

CHILL TIME

1-2 hours

TOTAL TIME

1.5-2 hours

SERVINGS

~12

COST

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COURSE

Snack/Appetizer

INGREDIENTS

- 1 cup old fashioned oats
- ½ cup peanut butter or cashew butter
- ½ cup ground flaxseed
- ¾ tsp cinnamon
- 1 Tbsp chia seeds (optional)
- ⅓ cup honey
- ½ cup white chocolate chips
- 1 scoop vanilla protein powder (optional)

INSTRUCTIONS

1. Stir all ingredients together in a large mixing bowl until thoroughly combined
2. Cover the mixing bowl and chill in the refrigerator for 1-2 hours, or until mixture is chilled. (This will help the mixture stick together more easily!)
3. Roll mixture into 1-inch balls
4. Enjoy! Refrigerate in a sealed container for up to 1 week, or freeze for up to 3 months!



Follow these tips for ideas on how to include your kids while making this recipe

1. Have your kids help dump and mix the ingredients together!
2. Kids can also help with forming mixture into balls

