



Easy Protein Bites

PREP TIME

15 min

COOK TIME

n/a

TOTAL TIME

1 hr 15 min–
2 hrs 15 min

SERVINGS

24

COST

\$

COURSE

Snack

INGREDIENTS

- 1 1/2 cups oats
- 1/4 cup flaxseed
- 1 Tbsp chia seeds
- 1/2 cup shredded coconut
- 1/2 cup chopped nuts of choice
- 1/2 cup semi-sweet chocolate chips
- 2/3 cup peanut butter
- 1/3 cup honey
- 2 tsp vanilla extract
- Optional: Use raisins instead of chocolate chips and add 1/2 tsp cinnamon.

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 the mixture is chilled. This will help the mixture stick together more easily.
3. Roll the mixture into 1-inch balls.
4. Enjoy immediately or refrigerate in a sealed container for up to 1 week. Freeze for up to 3 months.

NOTES

Tips:

- These protein bites make a great snack before or after exercising.

COOKING WITH KIDS!



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

1. Let kids measure the oats, chocolate chips, coconut, and chia seeds, then help stir the mixture and roll it into balls.

