

# Cinnamon Roll Protein Bites



**Cooking with**

**Kids!**

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

## 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)
- # 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!

*January 2026*

*Utah State University Extension*

[Download Recipe](#)