

Easy Protein Bites



Cooking with

Kids!

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

Tips

These protein bites make a great snack before or after exercising!

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Utah State University Extension

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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.