

Oatmeal Protein Balls

High-protein, no-bake, and perfect for grab-and-go snacks

Ingredients

- 1 cup rolled oats
 - ½ cup peanut butter (or almond butter)
 - ¼ cup honey or maple syrup
 - ¼ cup protein powder (vanilla or chocolate)
 - 1–2 tablespoons milk (as needed)
 - 1 tablespoon chia seeds or ground flax (optional)
 - 2 tablespoons mini chocolate chips (optional)
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Directions

1. In a bowl, mix all ingredients until well combined.
 2. If mixture is too dry, add milk 1 tablespoon at a time.
 3. Roll into 1-inch balls.
 4. Refrigerate for **20–30 minutes** to firm up.
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Nutrition (approx. per ball)

- 6–8g protein
 - Healthy fats + fiber
 - ~100–130 calories
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Why These Work

- ✓ Balanced protein + carbs for energy
 - ✓ Great pre- or post-workout snack
 - ✓ Meal prep friendly (lasts 5–7 days in fridge)
 - ✓ Kid-friendly
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Flavor Variations

-  Chocolate: use chocolate protein + extra cocoa powder
-  Berry: add dried cranberries or blueberries
-  Coconut: add shredded coconut + vanilla protein
-  “Cookie dough”: skip chia seeds + add extra chocolate chips