

Basic Vanilla Protein Balls

Ingredients

- 3/4 cup traditional rolled oats
- 2 1/2 scoops Vanilla Muscle Protein
- 1/2 cup nuts (cashews / almonds)*
- 1 teaspoon ground cinnamon
- 1/3 cup peanut butter**
- 1 teaspoon vanilla essence
- 1/3 cup honey / rice malt syrup

Time Required

15 minutes

Tools Required

Food processor / blender

Notes

* If you can't have nuts, you can simply use extra rolled oats.

** You can also use nut-free butters such as sunflower seed.



Directions

1. Place rolled oats and nuts into a blender or food processor and process until they resemble a fine crumb. If you are using a blender, transfer the dry mixture to a bowl.
2. Add in the Muscle Protein, cinnamon, peanut butter, vanilla and honey/rice malt syrup. Use the food processor or mix with a wooden spoon until the mixture is well combined. You are aiming for a consistency that will hold together when rolled, but is not overly sticky.

If your mixture seems dry, add in a little extra honey/rice malt or some small amounts of filtered water.

3. Roll into small balls and place in the fridge to set.