

Chocolate Protein Bliss Balls

Ingredients

- 1 cup almonds
- ½ cup quick oats
- 2 scoops Muscle Protein chocolate whey protein powder
- ¼ cup chopped dates
- ~ ¼ cup water
(coconut water or milk works too)
- 1 tablespoon maple syrup
- 1 teaspoon vanilla extract
- ¼ teaspoon cinnamon



Time Required

10 minutes

Tools Required

Food processor / blender

Notes

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

Instructions

- 1) Place all the ingredients into a food processor and run until dough forms, adding more water/coconut water a tablespoon at a time as needed (the dough should stay together when you press it between your fingers)
- 2) Scoop the dough into a tablespoon-sized ball, being sure to press it tightly to help it stay together. Continue until all the dough has been rolled into balls.
- 3) Store in the refrigerator in an airtight container for up to 1 week.