

Egg White Protein Peanut Butter Bliss Balls



This recipe uses LynFit Egg White Protein Powder that's lower in calories and carbs, so they are the most delicious and lowest calorie, carb and fat protein ball you'll ever find!

NUTRITIONAL INFO

Calories: 66
Carbs: 5.1 grams
Protein: 6 grams metabolic boosting grams
Fat: 2 grams
Fiber: .5 grams
Servings: 40 per recipe

Directions: No cooking needed!

Simply combine the 3 ingredients
Roll them into small 1-inch balls (that way you can have more, and smaller balls freeze faster)
Place them in freezer until frozen and eat

Ingredients:

- (1 cup) LynFit Pure Vanilla Egg White Protein Powder
- (1 cup) Reduced-fat natural peanut butter
- (1 tbsp.) Honey or VitaFiber

Optional Serving Suggestions:

Cinnamon Roll: Follow directions above and add 1 Tsp – 1 Tbsp of cinnamon

Almond Joy: Replace peanut butter with almond butter

Peanut Butter and Chocolate: Add small chocolate chips to top of ball.

Almond Coconut Clouds: Use almond butter instead of peanut butter and roll in coconut

Chocolate Hazelnut: Use Chocolate Protein Powder and roll in crushed hazel nuts

Birthday Cake Bliss Balls: Roll in colored sprinkles for a festive effect!

- Lowest carb
- Lowest Fat
- Gluten & soy-free, Non-GMO. Organic
- Paleo, Keto, and diabetic-friendly (good for all diets)

This is the #1 most requested food at my house, especially when I have company or I'm invited over as a guest.

WARNING: Once you try these you'll never be able to live without them again! But that's okay. In fact, it's good these Bliss Balls are so good for your body and boost weight loss. You should add them to your daily diet of lean, clean foods.

WHY? Because of the specific combination of protein, combined with a little good fat helps blunt blood sugar spikes that drive hunger and cravings, not to mention negatively affect everything from inflammation, mood, and lack of energy. If you're trying to lose weight, the secret is to balancing blood sugar levels, and while we need to eat clean, we do need to have a little something to satisfy or we end up binging on the not-so-healthy stuff.

I suggest adding 2-3 of these treats every day to help keep you from falling off-plan. It's all about finding healthier replacements, not deprivation or starving ourselves.