

Protein Peanut Butter Bliss Balls



This must be the best cheat food on the planet. Even my dogs love them! Three (3) high-protein Peanut Butter Balls for only 180 calories.

NUTRITIONAL INFO

Calories: 66

Fat: 2 grams

Carbs: 5.1 grams

Fiber: .5 grams

Protein: 6 grams metabolic boosting grams

Servings: 40 per recipe

Ingredients:

- (1 cup) LynFit Vanilla Complete Protein Powder
- (1 cup) Reduced-fat peanut butter
- (1 tbsp.) Honey

Optional Serving Suggestions:

For an extra special treat; roll in shredded coconut or colored sprinkles for kids!

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