

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: 58
Carbs: 5.1 grams
Protein: 2.9 metabolic boosting grams
Fat: 3.2 grams
Fiber: .5 grams
Servings: 30 per recipe

Ingredients:

- (2 scoops) LynFit Vanilla or Chocolate Complete Protein Powder
- (1 cup) Natural peanut butter
- (¼ cup) Honey

Optional Serving Suggestions:

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

Directions:

- Preheat oven to 375° F.
- In a small bowl, mix all ingredients
- Powder your hands with flour (to prevent stickiness) and form into one-inch balls and place on baking sheet
- Bake 5–10 minutes