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Peanut Butter Protein Energy Balls

This recipe is from Nikki Metzger, a Nike Master Trainer and the owner of BODI. These energy balls make a delicious midday energy boost or post-workout snack. Whip up a batch and pack a few in your cooler each day for those moments when your stomach starts to moan and groan.

Prep Time: 10 min. Cook Time: 0 min.

Ingredients

1 cup old fashioned oats
1 scoop protein powder (Nikki uses Paleo Pro in her own recipe)
1/2 cup chocolate chips
1/2 cup ground flax seed
1/2 cup crunchy peanut butter
1/3 cup honey
1 tsp vanilla extract

Directions

1. Mix all the ingredients together.
2. Roll into small balls, about 1 tablespoon in size.

Place in the freezer for an hour to harden up. Transfer to the fridge or your cooler.