

## Protein Ball Recipe

Enjoy this naturally sweet healthy protein snack.

### Ingredients:

½ cup/125ml all natural nut butter (peanut, almond or nut & seed butter)  
¼ cup/60ml pure maple syrup  
1 tsp/5ml pure vanilla bean extract

Mix above wet ingredients together until blended.

½ cup/125ml rolled oats  
⅓ cup/75ml unsweetened vanilla protein powder  
⅓ cup/75ml unsweetened shredded coconut  
1 tbsp/15ml mini dark chocolate chips  
1 tbsp/15 ml chia seeds

Mix above dry ingredients together until blended.

### Method:

1. Place both wet and dry mixtures in a bowl. Combine until well blended.
2. Shape into 1-1½" sized balls.
3. Store in fridge or freezer.