



NO-BAKE OATMEAL BALLS

INGREDIENTS

ITEM

Rolled Oats
Peanut Butter or Almond Butter
Protein Powder (Vanilla or Unflavored)
Honey or Maple Syrup
Chia Seeds (Optional)
Splash of Almond Milk if Needed

QUANTITY

1 Cup
½ Cup
1 Scoop
2-3 Tbsp.
1-2 Tbsp.

SERVING SIZE

1

PREPARATION

- 👉 Mix oats, protein powder, and chia seeds in a bowl.
- 👉 Add nut butter and honey. Stir until thick and fully combined.
- 👉 If mixture is too dry, add a small splash of almond milk.
- 👉 Roll into bite-sized balls using hands.
- 👉 Refrigerate 20-30 minutes to set.
- 👉 Store chilled.