



Long Livo

Brownie Batter Protein Balls Recipe

10 min

Prep time

Easy

Difficulty

10 min

Total time

American

Cuisine

12

Servings

Snack

Course

Ingredients

Base

- ☐ 1 cup chocolate whey protein powder
- ☐ 1/3 cup unsweetened cocoa powder
- ☐ 1/4 cup almond butter (or peanut butter)
- ☐ 3 tbsp maple syrup or honey

- ☐ 1 tsp vanilla extract

- ☐ Pinch of salt

Optional Mix-Ins

- ☐ 2 tbsp mini chocolate chips
- ☐ 1 tbsp crushed almonds

Instructions

- 1** In a medium bowl, whisk together the whey protein, cocoa powder, and pinch of salt until fully combined.
- 2** Add the almond butter, maple syrup, and vanilla; stir with a spatula until the mixture forms a cohesive, slightly sticky dough.
- 3** If using, fold in mini chocolate chips or crushed almonds gently so they are evenly distributed.
- 4** Roll the dough between your palms into 1-inch balls; place on a parchment-lined tray.
- 5** Refrigerate for at least 20 minutes to let the balls firm up before serving.
- 6** Enjoy straight from the fridge, or let them sit a few minutes at room temperature for a softer bite.

Nutrition per serving

120 kcal

Calories

9 g

Protein

10 g

Carbs

6 g

Fat

Tips & notes

- If the mixture feels too crumbly, a drizzle of additional almond butter will bring it together.
- For a richer flavor, use a dark cocoa powder instead of natural.
- These balls are perfect for a post-workout snack because the protein helps muscle recovery.