



Long Livo

Chocolate Protein Bliss Balls

15 min

Prep time

Easy

Difficulty

15 min

Total time

American

Cuisine

12

Servings

Snack

Course

Ingredients

Base Ingredients

- ☐ 1 cup rolled oats
- ☐ 1/2 cup chocolate whey protein powder
- ☐ 1/4 cup unsweetened cocoa powder
- ☐ 1/2 cup nut butter (almond or peanut)

- ☐ 1/4 cup honey or maple syrup
- ☐ 1 tsp vanilla extract
- ☐ Pinch of sea salt

Optional Coating

- ☐ 2 tbsp shredded coconut
- ☐ 2 tbsp crushed almonds

Instructions

- 1** In a small saucepan, gently warm the nut butter and honey together over low heat until smooth; this helps them blend without lumps.
- 2** In a large bowl, combine rolled oats, protein powder, cocoa powder, and sea salt; stir to distribute evenly.
- 3** Pour the warm butter-honey mixture into the dry ingredients, add vanilla extract, and stir until a sticky dough forms.
- 4** Using your hands, roll the dough into bite-size balls, then roll each ball in shredded coconut or crushed almonds if desired.
- 5** Place the balls on a parchment-lined tray and chill in the refrigerator for at least 20 minutes before serving.

Nutrition per serving

120 kcal

Calories

8 g

Protein

12 g

Carbs

6 g

Fat

Tips & notes

- If the dough feels too dry, add a teaspoon of almond milk at a time.
- For a sweeter treat, drizzle a little extra honey over the balls before chilling.
- These balls can be frozen; simply thaw for a few minutes before enjoying.