



Long Livo

Cinnamon Roll Protein Balls

15 min

Prep time

Easy

Difficulty

15 min

Total time

American

Cuisine

12

Servings

Snack

Course

Ingredients

Main Ingredients

- ☐ 1 cup vanilla whey protein powder
- ☐ 1 cup rolled oats
- ☐ 2 tsp ground cinnamon
- ☐ 1/4 cup honey

- ☐ 1/3 cup almond butter
- ☐ 1/2 cup plain Greek yogurt
- ☐ 2 tbsp milk (as needed)

Optional Coating

- ☐ 2 tbsp powdered sugar
- ☐ 1 tsp extra cinnamon

Instructions

- 1** In a large bowl, whisk together the protein powder, rolled oats, and cinnamon until evenly distributed.
- 2** In a smaller bowl, gently warm honey and almond butter together, then stir in the Greek yogurt.
- 3** Pour the wet mixture into the dry ingredients, adding milk a tablespoon at a time, and stir until a cohesive dough forms.
- 4** Roll the dough into 1-inch balls, then roll each ball in the cinnamon-sugar mixture until coated.
- 5** Place the finished balls on a parchment sheet and chill for 10 minutes before serving.

Nutrition per serving

120 kcal

Calories

10 g

Protein

12 g

Carbs

5 g

Fat

Tips & notes

- If the dough feels sticky, refrigerate for 20 minutes before shaping.
- Feel free to add a pinch of nutmeg to deepen the spice profile.
- For extra crunch, roll the balls in finely chopped toasted almonds.