



Long Livo

Dark Chocolate Protein Balls – Easy No-Bake Snack

10 min

Prep time

12

Servings

5 min

Cook time

Easy

Difficulty

15 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 200 g dark chocolate (70% or higher), chopped
- ☐ 30 g unsalted butter
- ☐ 60 g vanilla whey protein powder
- ☐ 30 g almond flour
- ☐ 2 tbsp erythritol or monk fruit sweetener
- ☐ 1 tsp pure vanilla extract

Instructions

- 1 Place the chocolate and butter in a heat-proof bowl over a pot of simmering water; stir until smooth and glossy.
- 2 Remove from heat, then whisk in the protein powder, almond flour, sweetener, and vanilla until a uniform batter forms.
- 3 Let the mixture cool for about 2-3 minutes, then roll it between your palms into 12 equal balls, about the size of a walnut.
- 4 Place the balls on a parchment-lined tray, drizzle with any extra melted chocolate, and refrigerate for at least 20 minutes to set.
- 5 Enjoy straight from the fridge or let sit at room temperature for a softer bite.

Nutrition per serving

120 kcal

Calories

10 g

Protein

5 g

Carbs

7 g

Fat

Tips & notes

- If the mixture feels too dry, add a teaspoon of coconut oil to help bind.
- For extra flavor, sprinkle a pinch of sea salt on top before chilling.
- These balls are perfect for a post-workout snack or a mid-day pick-me-up.