



Long Livo

No-Bake Chocolate Peanut Butter Protein Balls

15 min

Prep time

Easy

Difficulty

15 min

Total time

American

Cuisine

12

Servings

Snack

Course

Ingredients

Base Mix

- ☐ 1 ½ cups rolled oats
- ☐ ½ cup natural peanut butter
- ☐ ¼ cup honey
- ☐ ½ cup chocolate whey protein powder

- ☐ 2 tbsp unsweetened cocoa powder
- ☐ 1 tsp vanilla extract
- ☐ Pinch of sea salt

Coating

- ☐ ½ cup dark chocolate chips
- ☐ 1 tsp coconut oil (optional for smoother melt)

Instructions

- 1** In a large bowl, combine rolled oats, chocolate protein powder, cocoa powder, and a pinch of salt.
- 2** In a microwave-safe cup, gently warm peanut butter and honey together until fluid, about 20-30 seconds; stir in vanilla.
- 3** Pour the warm peanut-honey mixture over the dry ingredients and stir until everything is evenly coated and the dough holds together.
- 4** Roll the mixture between your palms into 1-inch balls; place them on a parchment-lined tray.
- 5** Melt dark chocolate chips (and coconut oil, if using) in the microwave in 15-second bursts, stirring between bursts until smooth.
- 6** Dip each ball briefly into the melted chocolate, let excess drip off, and return to the tray. Chill for 10-15 minutes until the coating sets.

Nutrition per serving

120 kcal

Calories

6 g

Protein

12 g

Carbs

6 g

Fat

Tips & notes

- If the mixture feels too sticky, refrigerate for 10 minutes before shaping.
- For a sweeter bite, increase honey by a tablespoon.
- You can swap chocolate whey for plant-based chocolate protein without changing the method.