



Long Livo

No-Bake Lemon Poppyseed Protein Balls

10 min

Prep time

Easy

Difficulty

10 min

Total time

American

Cuisine

12

Servings

Snack

Course

Ingredients

Base

- ☐ 1 cup almond flour
- ☐ 1/2 cup vanilla protein powder
- ☐ 2 tbsp poppy seeds

- ☐ Zest of 1 lemon

Binding & Flavor

- ☐ 3 tbsp honey or pure maple syrup
- ☐ 2 tbsp fresh lemon juice
- ☐ 1 tbsp coconut oil, melted (optional)

Instructions

- 1** In a large bowl, combine almond flour, protein powder, poppy seeds, and lemon zest; stir until evenly distributed.
- 2** In a small saucepan, gently warm honey (and coconut oil if using) until fluid, then whisk in fresh lemon juice.
- 3** Pour the wet mixture over the dry ingredients and mix with a sturdy spoon until a sticky dough forms. Cheesecake fluff inspired me to keep the texture light.
- 4** Scoop roughly one-tablespoon portions and roll between your palms into smooth balls. If the dough sticks, dampen your hands slightly.
- 5** Place the balls on a parchment-lined tray, drizzle a tiny extra drizzle of honey if desired, and chill for at least 15 minutes.
- 6** Store in an airtight container in the refrigerator. For a quick reference, see our energy bites guide.

Nutrition per serving

150 kcal

Calories

9 g

Protein

12 g

Carbs

7 g

Fat

Tips & notes

- If the mixture feels too dry, add a few extra drops of lemon juice.
- For extra zing, roll finished balls in a touch more poppy seed.
- These balls can be frozen; let them sit at room temperature for a few minutes before eating.