



Long Livo

No-Bake Protein Brownie Bites

10 min

Prep time

Easy

Difficulty

10 min

Total time

American

Cuisine

12

Servings

Dessert

Course

Ingredients

Main Ingredients

- ☐ 1 cup rolled oats
- ☐ 1/2 cup chocolate protein powder
- ☐ 1/4 cup unsweetened cocoa powder
- ☐ 1/2 cup almond butter

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

Optional Topping

- ☐ 2 tbsp melted dark chocolate
- ☐ A sprinkle of extra cocoa powder

Instructions

- 1 Place rolled oats in a food processor and pulse until they form a coarse flour; this gives the bites a softer crumb.
- 2 In a medium bowl, whisk together the oat flour, protein powder, cocoa powder, and sea salt until evenly combined.
- 3 Gently warm the almond butter and maple syrup in a small saucepan over low heat just until they meld; stir in vanilla.
- 4 Pour the warm butter mixture into the dry ingredients and stir until a thick, sticky dough forms.
- 5 Using your hands, roll the dough into small bite-size balls and place them on a parchment-lined tray.
- 6 If using, drizzle melted dark chocolate over each bite and sprinkle a little cocoa powder; chill for 15-20 minutes until firm.

Nutrition per serving

120 kcal

Calories

8 g

Protein

10 g

Carbs

7 g

Fat

Tips & notes

- If the dough feels too crumbly, add a teaspoon of water at a time.
- For a softer texture, reduce the chilling time to 10 minutes.
- You can swap almond butter for sunflower seed butter for a nut-free version.