



Long Livo

Protein Balls – Quick & Easy Snack

15 min

Prep time

Easy

Difficulty

15 min

Total time

American

Cuisine

12

Servings

Snack

Course

Ingredients

Main Ingredients

- ☐ 1 ½ cups rolled oats
- ☐ ½ cup almond butter
- ☐ 1 cup medjool dates, pitted
- ☐ ¼ cup unsweetened cocoa powder

- ☐ 2 tbsp honey
- ☐ 1 tsp lemon zest
- ☐ ¼ tsp sea salt

Optional Coating

- ☐ 2 tbsp shredded coconut
- ☐ Extra cocoa powder

Instructions

- 1** In a food processor, pulse the dates until they form a sticky paste; set aside.
- 2** In a large bowl, combine oats, cocoa powder, sea salt, and lemon zest; stir gently.
- 3** Add the almond butter, honey, and date paste to the dry mix; use a spatula to bring everything together until the dough holds.
- 4** Roll the mixture between your palms into 1-inch balls; if the mixture sticks, lightly dampen your hands.
- 5** Optional: roll each ball in shredded coconut or extra cocoa powder for a decorative coat.
- 6** Place the balls on a tray and chill in the refrigerator for at least 20 minutes before serving.

Nutrition per serving

120 kcal

Calories

4 g

Protein

13 g

Carbs

7 g

Fat

Tips & notes

- If the mixture feels too dry, add a teaspoon of water at a time.
- For a richer flavor, toast the oats lightly before mixing.
- These balls are perfect for freezing; just thaw briefly before eating.