



# HONEY AND PEANUT BUTTER PROTEIN BALLS

**PREP TIME:** 20 minutes   **CHILL TIME:** 30 minutes   **SERVINGS:** 8

## INGREDIENTS

- 1-1/4 cup old-fashioned oats
- 3 tablespoons shredded coconut
- 1/2 cup sliced almonds, finely chopped
- 1 tablespoon hemp seeds, shelled (optional)
- 1 scoop whey protein powder
- 1/2 cup honey
- 1/2 cup dried apricots, chopped
- 1/2 cup peanut butter

## INSTRUCTIONS

In a medium bowl, add oats, coconut, almonds, hemp seeds and protein powder. Stir until well distributed. Add honey, apricots and peanut butter. Stir well. Put mixing bowl into refrigerator for 20-30 minutes. After chill time, roll mixture into rounded balls. This recipe makes about two dozen energy bites. When chilled, they last about 5 days.

## NUTRITIONAL INFORMATION

Serving size (3 energy balls): 196 calories; 6 g protein; 25 g carbohydrates; 8 g fat; 2.5 g fiber; 41 g sodium.