Prep Time: 15 minutes
Chill Time: 30 minutes
Total Time: 45 minutes
Intensity Level: Low (No-Bake, Minimal Effort)

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Description

These High-Protein Peanut Butter Balls are the perfect solution for a quick energy boost, a post-workout snack, or a healthy dessert alternative. They are dense, chewy, and packed with creamy peanut butter flavor, but without the guilt of traditional sugar-laden treats. By combining rolled oats, protein powder, and natural peanut butter, we create a satisfying bite that keeps you full and fueled. Best of all, they require zero baking—just mix, roll, and chill!

Ingredients

For the Balls:

- 1 ½ cups Old-fashioned rolled oats (certified gluten-free if necessary)
- ½ cup Vanilla or unflavored whey protein powder (or plant-based protein powder)
- ¼ cup Ground flaxseed meal (adds fiber and healthy fats)
- ½ cup Natural creamy peanut butter (unsweetened, unsalted is best)
- ⅓ cup Honey or pure maple syrup (adjust to taste)
- 1 teaspoon Pure vanilla extract
- 2–4 tablespoons Unsweetened almond milk (or milk of choice), as needed for consistency
- ¼ teaspoon Fine sea salt (optional, enhances flavor)

Optional Mix-ins & Coating:

- 2 tablespoons Mini dark chocolate chips

- ¼ cup Finely chopped nuts (pecans or almonds)
- 2 tablespoons Shredded coconut (for rolling)

Equipment

- Large mixing bowl
- Wooden spoon or spatula
- Measuring cups and spoons
- Baking sheet lined with parchment paper
- Small bowl (for coatings)

Instructions

Phase 1: Mixing the Base (Time: 5 Minutes | Intensity: Low)

1. Combine Dry Ingredients: In a large mixing bowl, whisk together the rolled oats, protein powder, ground flaxseed, and sea salt until evenly distributed.

2. Add Wet Ingredients: Add the peanut butter, honey (or maple syrup), and vanilla extract to the dry mixture. Use a sturdy wooden spoon or spatula to mix.

3. Assess Consistency: The mixture will likely be crumbly at this stage. Add the almond milk one tablespoon at a time, mixing thoroughly after each addition. Stop adding milk once the mixture holds together when pinched between your fingers but is not overly sticky.

4. Fold in Mix-ins: If using chocolate chips or chopped nuts, gently fold them into the dough now.

Phase 2: Rolling (Time: 8 Minutes | Intensity: Low)

1. Scoop: Using a tablespoon or a small cookie scoop, portion out the dough. Aim for uniform sizes (about 1 to 1.5 inches in diameter) to ensure even chilling.

2. Roll: Roll the dough between your palms to form a smooth ball. If the dough is too sticky, lightly dampen your hands with water or chill the dough for 5 minutes before rolling.

3. Coat (Optional): If desired, roll the balls in shredded coconut or crushed nuts immediately after rolling so the coating adheres to the sticky surface. Place the finished balls on the parchment-lined baking sheet.

Phase 3: Chilling (Time: 30 Minutes | Intensity: None)

1. Set: Transfer the baking sheet to the refrigerator. Let the balls chill for at least 30 minutes. This step is crucial; it allows the oats to absorb moisture, firms up the peanut butter, and ensures the balls hold their shape perfectly.

Phase 4: Storage & Serving (Time: 2 Minutes | Intensity: Low)

1. Serve: Enjoy immediately as a snack or breakfast on the go.

2. Store: Transfer the remaining balls to an airtight container. Store in the refrigerator for up to 1 week or in the freezer for up to 3 months.

Recipe Notes & Tips

- Protein Powder Choice: If you use a very thick protein powder (like casein), you may need more milk. If you use a plant-based protein, you may need less. Always add liquid gradually.

- Sweetness: Taste the dough before rolling. If you prefer sweeter treats, add an extra tablespoon of honey.

- Texture: For a chewier texture, use quick oats. For a heartier bite, use old-fashioned rolled oats.

- Why Chill? Don’t skip the chilling step. Warm dough will result in flat, crumbly balls that

don’t hold together.

Nutritional Information

Serving Size: 1 Ball (based on a yield of 16 balls, without optional chocolate chips)
Calories per Serving: ~135 kcal
Total Fat: 7g (Saturated Fat: 1g)
Cholesterol: 0mg
Sodium: 30mg
Total Carbohydrates: 12g
Dietary Fiber: 2g
Total Sugars: 6g
Protein: 8g