

PRINTABLE RECIPE GUIDE



HIGH-PROTEIN ENERGY BALLS

Four easy no-bake recipes for busy days

CHOCOLATE • COCONUT • BLUEBERRY LEMON • CINNAMON APPLE

Protein content varies by brand and serving size.



RECIPE 1 OF 4

CHOCOLATE PEANUT BUTTER

MAKES 12 BALLS

15 min + chill

Rich, fudgy & satisfying

INGREDIENTS

- 1 cup old-fashioned rolled oats
- 1/2 cup creamy peanut butter
- 1 scoop chocolate protein powder
- 1/3 cup ground flaxseed
- 3 tablespoons honey or maple syrup
- 2 tablespoons unsweetened cocoa powder
- 1/2 teaspoon vanilla extract
- Pinch of salt
- 1-2 tablespoons milk, only if needed
- Optional: 2 tablespoons mini chocolate chips

WHAT YOU'LL NEED

- ☐ Mixing bowl
- ☐ Measuring cups and spoons
- ☐ Rubber spatula or sturdy spoon
- ☐ Small cookie scoop or tablespoon
- ☐ Parchment-lined plate

INSTRUCTIONS

- 1 Stir the oats, protein powder, flaxseed, cocoa powder and salt together in a medium bowl.
- 2 Add the peanut butter, honey and vanilla. Mix until a thick, even dough forms.
- 3 If the mixture feels crumbly, add milk 1 teaspoon at a time. Fold in mini chocolate chips, if using.
- 4 Scoop and roll into 12 balls. Chill for 20-30 minutes before serving.

STORAGE

Refrigerate in a covered container for up to 7 days, or freeze for up to 2 months.



RECIPE 2 OF 4

VANILLA ALMOND COCONUT

Soft, nutty & lightly sweet

MAKES 12 BALLS

15 min + chill

INGREDIENTS

- 1 cup old-fashioned rolled oats
- 1/2 cup almond butter
- 1 scoop vanilla protein powder
- 1/3 cup unsweetened shredded coconut, plus more for rolling
- 3 tablespoons honey or maple syrup
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract (optional)
- Pinch of salt
- 1-2 tablespoons milk, only if needed

WHAT YOU'LL NEED

- ☐ Mixing bowl
- ☐ Measuring cups and spoons
- ☐ Rubber spatula or sturdy spoon
- ☐ Small cookie scoop or tablespoon
- ☐ Shallow dish for coconut

INSTRUCTIONS

- 1 Combine the oats, protein powder, 1/3 cup coconut and salt in a medium bowl.
- 2 Stir in the almond butter, honey, vanilla and almond extract until well blended.
- 3 Add milk 1 teaspoon at a time only if needed to help the mixture hold together.
- 4 Roll into 12 balls, then coat lightly in extra coconut. Chill for 20-30 minutes.

STORAGE

Keep covered in the refrigerator for up to 7 days, or freeze for up to 2 months.



RECIPE 3 OF 4

BLUEBERRY LEMON

Bright, fresh & naturally fruity

MAKES 12 BALLS

15 min + chill

INGREDIENTS

- 1 cup old-fashioned rolled oats
- 1/2 cup cashew or almond butter
- 1 scoop vanilla protein powder
- 1/3 cup dried blueberries
- 1/4 cup unsweetened shredded coconut
- 3 tablespoons honey
- 1 tablespoon fresh lemon juice
- 1 teaspoon finely grated lemon zest
- Pinch of salt
- 1-2 tablespoons milk, only if needed

WHAT YOU'LL NEED

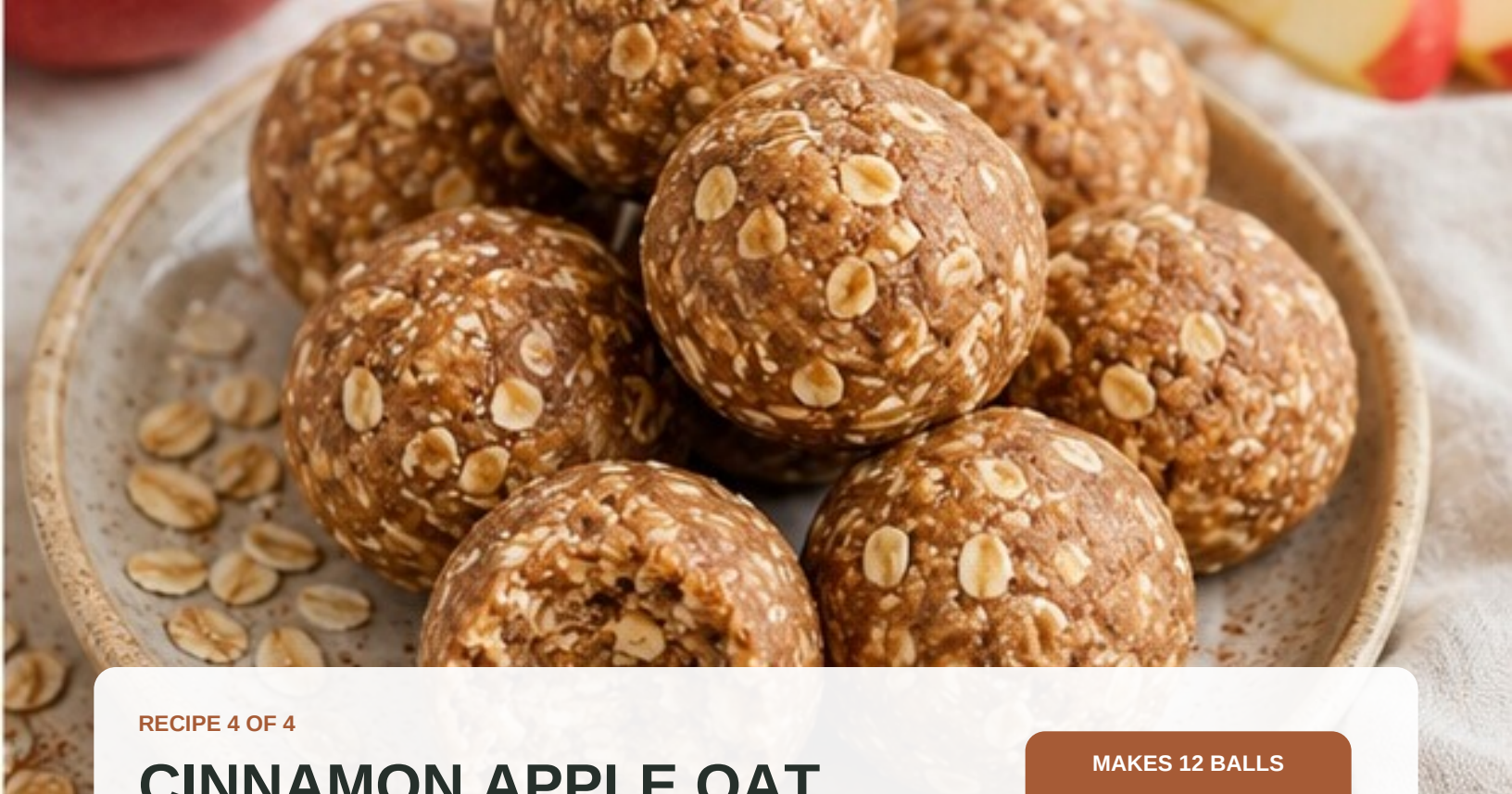
- ☐ Mixing bowl
- ☐ Measuring cups and spoons
- ☐ Fine grater or zester
- ☐ Rubber spatula or sturdy spoon
- ☐ Small cookie scoop or tablespoon

INSTRUCTIONS

- 1 Mix the oats, protein powder, dried blueberries, coconut, lemon zest and salt in a medium bowl.
- 2 Add the nut butter, honey and lemon juice. Stir until the mixture is evenly moistened.
- 3 If it is too dry to roll, add milk 1 teaspoon at a time. Let the mixture rest for 5 minutes.
- 4 Shape into 12 balls and refrigerate for 20-30 minutes to firm.

STORAGE

Refrigerate in an airtight container for up to 6 days, or freeze for up to 2 months.



RECIPE 4 OF 4

CINNAMON APPLE OAT

Cozy, chewy & warmly spiced

MAKES 12 BALLS

15 min + chill

INGREDIENTS

- 1 cup old-fashioned rolled oats
- 1/2 cup almond or sunflower seed butter
- 1 scoop vanilla protein powder
- 1/3 cup finely chopped dried apples
- 3 tablespoons maple syrup or honey
- 1 tablespoon ground flaxseed
- 1 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract
- Pinch of salt
- 1-2 tablespoons milk, only if needed

WHAT YOU'LL NEED

- ☐ Mixing bowl
- ☐ Measuring cups and spoons
- ☐ Cutting board and knife
- ☐ Rubber spatula or sturdy spoon
- ☐ Small cookie scoop or tablespoon

INSTRUCTIONS

- 1 Combine the oats, protein powder, dried apple, flaxseed, cinnamon and salt in a medium bowl.
- 2 Stir in the nut or seed butter, maple syrup and vanilla until a thick dough forms.
- 3 Add milk 1 teaspoon at a time if the mixture is dry. Rest for 5 minutes so the oats can soften.
- 4 Roll into 12 balls. Dust with a little extra cinnamon, if desired, and chill for 20-30 minutes.

STORAGE

Store covered in the refrigerator for up to 7 days, or freeze for up to 2 months.