



Niki's 180 Protein Energy Balls Recipe

Makes about 30 Prep 15 mins

Ingredients

1 cup 180 Nutrition Chocolate Protein Powder
1 cup natural peanut butter
1/2 cup oat bran
1/2 cup honey
flaked or shredded coconut (optional)

Method

In a large bowl combine the protein powder, peanut butter, oat bran and honey, mixing very well. Fill a teaspoon or tablespoon measure with the mixture, then roll it into balls. Leave as is or roll balls in the coconut and they are ready to eat. Keep refrigerated when not being consumed.

Tips

You can also try the Coconut flavored 180 Nutrition Protein Powder instead of the chocolate flavor.

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