

Banana Bread Protein Balls

Prep: 15 min Cook: 0 min Total: 45 min Servings: 30

Calories: 284 Fat: 8g Protein: 10g Carbs: 44g Fiber: 8g

Ingredients

- 3 cups rolled oats
- 1/2 cup BBF Organic Super Seeds
- 2 scoops chocolate protein powder
- 2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/4 tsp salt
- 2 overripe bananas, mashed
- 1/4 cup chocolate chips, melted
- 2 Tbsp honey or sweetener of choice
- 1/4 cup peanut butter

Directions

1. Line a baking sheet with parchment paper and set aside.
2. In a large mixing bowl, combine the mashed bananas, peanut butter, and honey. Add the oats, super seeds, protein powder, cinnamon, nutmeg, and salt. Mix until well combined and a soft dough forms.
3. Using a 1-tablespoon scoop, portion out the mixture and roll each scoop into a ball with your hands. Place the balls in a single layer on the prepared baking sheet. (Tip: Lightly wet your hands to prevent sticking.)
4. Repeat until all of the mixture has been formed into balls.
5. Chill the protein balls in the refrigerator for 30 minutes.
6. Remove from the fridge and drizzle each ball with melted chocolate. Return them to the refrigerator until the chocolate sets.
7. Once the chocolate is set, enjoy immediately or store in the refrigerator until ready to eat.
8. Enjoy your Banana Bread Protein Balls!