

Plate Dream

No-Bake Chocolate Peanut Butter Protein Balls

10 min Prep time	**10 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 1 cup natural peanut butter
- [ ] 1/4 cup honey or maple syrup
- [ ] 1/3 cup unsweetened cocoa powder
- [ ] 1/2 cup vanilla whey protein powder
- [ ] 1/2 cup rolled oats
- [ ] Pinch of sea salt

Optional Add-ins

- [ ] 2 tbsp mini chocolate chips
- [ ] 1 tsp espresso powder
- [ ] 1 tbsp shredded coconut

Instructions

1. In a large bowl, combine the peanut butter and honey; stir until smooth and glossy.
2. Add cocoa powder, protein powder, and sea salt; mix gently until fully incorporated.
3. Fold in oats and any optional add-ins, handling the mixture gently so it stays soft.
4. Using a small scoop or your hands, roll the mixture into bite-size balls and place on a parchment-lined tray.
5. Chill the balls for at least 10 minutes to set, then enjoy or store in the fridge.

Nutrition per serving

210 kcal	12 g	16 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too sticky, add a splash more oats, but be careful not to dry it out.
- For extra crunch, roll the balls in finely chopped nuts after chilling.
- You can drizzle a little melted dark chocolate over the finished balls for added richness.