

Gluten-Free Protein Balls

Servings: About 15 – 20 bites

Prep time: 15 minutes

Chill time: At least 30 minutes

Ingredients:

- 1 cup gluten-free rolled oats
- 1/2 cup creamy peanut butter (natural, unsweetened)
- 1/4 cup honey or maple syrup
- 1/4 cup protein powder (unflavored or vanilla)
- 1 tablespoon chia seeds (optional)
- 1/4 teaspoon vanilla extract
- Pinch of salt

Directions:

Step 1

Combine: In a medium bowl, combine gluten-free oats, peanut butter, honey, protein powder, chia seeds (if using), vanilla extract, and salt.

Step 2

Mix: Stir until well combined. The mixture should be slightly sticky. If it's too dry, add a tablespoon of water or milk at a time until it comes together.

Step 3

Form Bites: Use your hands to roll the mixture into small balls.

Step 4

Chill: Place the bites on a plate lined with parchment paper and chill in the refrigerator for at least 30 minutes, or until firm.

Step 5

Store: Store the protein bites in an airtight container in the refrigerator for up to a week.

Tips and Variations

- **Add-ins:** Get creative with add-ins! Try stirring in chopped nuts (almonds, walnuts), chocolate chips, dried cranberries, or shredded coconut.
- **Flavor Variations:** Use different types of protein powder (chocolate, vanilla, strawberry) or add spices like cinnamon or nutmeg.
- **Make Ahead:** These protein bites can be made ahead of time and stored in the refrigerator for a quick and healthy snack.

Important Notes

- **Gluten-Free Oats:** Use certified gluten-free rolled oats to ensure they are safe for those with celiac disease or gluten sensitivities.
- **Protein Powder:** Choose a protein powder that fits your dietary needs (whey, plant-based, etc.).