

Almond Butter Banana Protein Balls

Almond Butter Banana Protein Balls are the perfect bite sized snack that contain a healthy source of proteins, fats and carbs and with 5 grams of fiber and only 5 grams of sugar per serving they make for a great pre-workout snack or a sensible after dinner treat.

🕒 Prep: 15 mins Total: 15 mins

👤 Servings: 12 servings

1x	2x	3x
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INGREDIENTS

- 1 cup almond meal/flour
- 1/2 cup flax meal
- 1/2 cup (3 scoops) Rootz Protein Powder (or protein powder of choice)
- 1 Tbsp. chia seeds
- 1 ripe banana, mashed
- 1/2 cup almond butter (may sub peanut butter, sunflower seed butter or cashew butter)
- 1 tsp. vanilla extract
- 1/4 cup chopped almonds (or chopped peanuts if using peanut butter)
- 1/4 cup mini-chocolate chips
- Optional add-in: 1/4 cup unsweetened shredded coconut flakes

INSTRUCTIONS

1. In a medium bowl combine all of the ingredients.
2. Mix until well combined.
3. With hands, form into small round balls. About 24.
4. Chill in the fridge or in the freezer. They hold together better and taste best chilled.
5. Store in an airtight container in the fridge or freezer. *(Side note: I like them best right from the freezer with just a little thaw time)*

NOTES

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NUTRITION INFORMATION

Serving Size: 2 Protein Balls Calories: 229 Fat: 15 g Sodium: 40 mh Carbohydrate: 14 g
(Fiber: 5 g Sugar: 5 g) Protein: 11 g

DIETARY

Dairy-Free Egg-Free Gluten-free Grain-Free Paleo Vegan Vegetarian

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