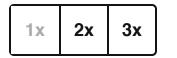
# **Almond Butter Banana Protein Balls**

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



#### 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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