



Cranberry Protein Balls

Ingredients

1 cup rolled oats
1/2 cup dried cranberries, chopped
1/4 cup almond butter (or peanut butter)
1/4 cup plain protein powder
1/4 cup sugar free maple syrup
2 tbsp chia seeds
1/4 tsp ground cinnamon
1/4 tsp vanilla extract
Pinch of salt

Directions

In a large mixing bowl, combine rolled oats, chopped cranberries, chia seeds, ground cinnamon, protein powder and a pinch of salt.

Add almond butter (or peanut butter) and maple syrup, and stir until all ingredients are fully combined and sticky.

Roll the mixture into bite-sized balls, about 1 inch in diameter.

Place the energy balls on a parchment-lined tray and refrigerate for at least 30 minutes to firm up.

Store in an airtight container in the fridge for up to one week.

Makes approximately a dozen balls.

