



Vanilla & Cinnamon Protein Balls

What you need

¾ cup (60g) rolled oats

½ cup (125g) almond butter, smooth

½ cup (75g) almonds

4 tbsp. honey

1 scoop (25g) vanilla whey protein powder + 2 tbsp. for coating

1 tbsp. ground cinnamon + 1 tsp. for coating

1 tsp. vanilla extract + 2 tbsp. for coating

2 tbsp. water

What you need to do

1. Place the oats, almond butter, almonds, honey, protein powder, cinnamon and vanilla extract into a food processor and process until a dough like consistency forms. Add the 2 tablespoons of water and continue to blitz the mixture until it starts to stick together.
2. Roll the mixture into 16 balls (about 1 tablespoon per ball).
3. Mix 2 tablespoons of vanilla protein powder and 1 teaspoon ground cinnamon in a large zip-lock bag. Place the protein balls inside the bag and gently toss in the mixture until the balls are coated.



Serves: 16
Prep: 10mins
Cook: 0 mins

