

Treasure Barrel

No-Bake Chocolate Peanut Butter Protein Balls

10 min Prep time	**10 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Core Ingredients

- [ ] 1 cup natural peanut butter
- [ ] 1/2 cup rolled oats (gluten-free if needed)
- [ ] 1/4 cup unsweetened cocoa powder
- [ ] 1/3 cup honey or maple syrup
- [ ] 1/2 cup vanilla whey protein powder
- [ ] 1/4 tsp sea salt

Optional Add-ins

- [ ] 2 tbsp chopped almonds
- [ ] 2 tbsp mini dark chocolate chips

Instructions

1. In a medium bowl, whisk together cocoa powder, protein powder, and sea salt; the aroma will make you smile.
2. Add honey and peanut butter; stir until a glossy, thick mixture forms. energy bites link.
3. Fold in the rolled oats (and optional almonds or chocolate chips) until fully incorporated.
4. Scoop a tablespoon of mixture, roll between palms into a ball, and place on a parchment-lined tray.
5. Refrigerate for 15-20 minutes; the balls will firm up and the flavors will meld.

Nutrition per serving

180 kcal	10 g	16 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too sticky, add a little more oats.
- For smoother texture, warm the peanut butter slightly before mixing.
- Feel free to experiment with cinnamon or espresso powder for depth.