

Treasure Barrel

Peanut Butter Energy Balls

15 min Prep time	**15 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 1 cup natural peanut butter
- [ ] 1/3 cup honey
- [ ] 2 cups rolled oats
- [ ] 2 tbsp cocoa powder
- [ ] 1 tsp lemon zest
- [ ] 1/4 cup chopped nuts (optional)
- [ ] 1 scoop vanilla protein powder (optional)

Optional Topping

- [ ] 2 tbsp melted dark chocolate
- [ ] A pinch of sea salt

Instructions

1. In a large bowl, stir together the peanut butter and honey until smooth; I usually let the bowl sit for a minute so the mixture feels warm.
2. Add cocoa powder, lemon zest, and protein powder (if using); mix until the cocoa disappears, giving the batter a deep mahogany hue.
3. Fold in the rolled oats and chopped nuts, feeling the mixture become slightly crumbly yet cohesive.
4. Using a spoon or cookie scoop, roll the mixture into 1-inch balls; if sticky, chill for 5-10 minutes.
5. Optional: drizzle each ball with melted dark chocolate and sprinkle a tiny pinch of sea salt for contrast.
6. Place the finished balls on a parchment-lined tray and refrigerate for at least 15 minutes before serving.

Nutrition per serving

120 kcal	5 g	12 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too wet, add a tablespoon more oats at a time.
- For a vegan version, swap honey with maple syrup or agave nectar.
- Store in the fridge for a firmer texture; at room temperature they soften gently.