

TODDLER-FRIENDLY PROTEIN BALLS & BITES

Ingredients

- 5 C Oats
- 4 Scoops Protein Power
- 1 C Honey
- 2 C Peanut Butter
- 1 C Mini Chocolate Chips (optional)

Directions

- Blend oats until they form a fine powder.
- In a large mixing bowl, add the blended oats, peanut butter, honey, protein powder, and mini chocolate chips.
- Mix until the ingredients form a sticky, cohesive dough.

Protein Balls

- Use a cookie baller to scoop even portions of the dough.
- Roll each portion into a ball, pressing firmly to ensure it holds its shape.
- Place the balls on a parchment-lined baking sheet.
- Place the baking sheet in the fridge for at least 1 hour to let the protein balls firm up.

Protein Bites

- Line a baking sheet with parchment paper.
- Press small amounts of the dough onto the parchment, flattening to 1/4–1/2 inch thick.
- Use a sharp knife or pizza cutter to cut into bite-sized squares before chilling or chill the flattened dough for 1 hour, then cut into bite-sized pieces.

Store: Transfer the set protein balls or bites to an airtight container. Store in the fridge for up to 4 weeks or freeze for up to 6 months.