



Loreto

- KITCHEN



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PEANUT BUTTER PROTEIN BALLS

WHAT YOU'LL NEED

Oat flour

Peanut butter

Protein powder (we use unflavored collagen)

Maple syrup

Butter or coconut oil

Vanilla

Cinnamon

Sea salt

Chocolate chips

INGREDIENTS

½ cup natural, drippy peanut butter

¼- ½ cup maple syrup

2 Tbsp. butter or coconut oil, melted

1 tsp. vanilla

1 cup oat flour (add 1-2T extra if dough is too sticky)

¼ cup collagen powder (or vanilla protein powder)

½ tsp. cinnamon

¼ tsp. salt (less if using salted peanut butter)

½ cup chocolate chips

INSTRUCTIONS

1. Mix peanut butter, maple syrup, butter and vanilla until smooth.
2. Mix in all dry ingredients. Keep stirring. Dough will be tough but will just come together. If it is too sticky or runny, add 1 tablespoon of oat flour at a time until the dough just comes together.
3. Stir in chocolate chips — as many as you prefer.
4. Scoop one tablespoon of dough and roll it in your hands.
5. Chill the balls in the fridge and enjoy!