

Choco Fever Dream

Brownie Batter Protein Balls Recipe

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

Ingredients

Base

- [ ] 1 cup chocolate whey protein powder
- [ ] 1/3 cup unsweetened cocoa powder
- [ ] 1/4 cup almond butter (or peanut butter)
- [ ] 3 tbsp maple syrup or honey
- [ ] 1 tsp vanilla extract
- [ ] Pinch of salt

Optional Mix-Ins

- [ ] 2 tbsp mini chocolate chips
- [ ] 1 tbsp crushed almonds

Instructions

1. In a medium bowl, whisk together the whey protein, cocoa powder, and pinch of salt until fully combined.
2. Add the almond butter, maple syrup, and vanilla; stir with a spatula until the mixture forms a cohesive, slightly sticky dough.
3. If using, fold in mini chocolate chips or crushed almonds gently so they are evenly distributed.
4. Roll the dough between your palms into 1-inch balls; place on a parchment-lined tray.
5. Refrigerate for at least 20 minutes to let the balls firm up before serving.
6. Enjoy straight from the fridge, or let them sit a few minutes at room temperature for a softer bite.

Nutrition per serving

120 kcal	9 g	10 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too crumbly, a drizzle of additional almond butter will bring it together.
- For a richer flavor, use a dark cocoa powder instead of natural.
- These balls are perfect for a post-workout snack because the protein helps muscle recovery.