

Choco Fever Dream

Chocolate Protein Bliss Balls

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

Ingredients

Base Ingredients

- [ ] 1 cup rolled oats
- [ ] 1/2 cup chocolate whey protein powder
- [ ] 1/4 cup unsweetened cocoa powder
- [ ] 1/2 cup nut butter (almond or peanut)
- [ ] 1/4 cup honey or maple syrup
- [ ] 1 tsp vanilla extract
- [ ] Pinch of sea salt

Optional Coating

- [ ] 2 tbsp shredded coconut
- [ ] 2 tbsp crushed almonds

Instructions

1. In a small saucepan, gently warm the nut butter and honey together over low heat until smooth; this helps them blend without lumps.
2. In a large bowl, combine rolled oats, protein powder, cocoa powder, and sea salt; stir to distribute evenly.
3. Pour the warm butter-honey mixture into the dry ingredients, add vanilla extract, and stir until a sticky dough forms.
4. Using your hands, roll the dough into bite-size balls, then roll each ball in shredded coconut or crushed almonds if desired.
5. Place the balls on a parchment-lined tray and chill in the refrigerator for at least 20 minutes before serving.

Nutrition per serving

120 kcal	8 g	12 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dough feels too dry, add a teaspoon of almond milk at a time.
- For a sweeter treat, drizzle a little extra honey over the balls before chilling.
- These balls can be frozen; simply thaw for a few minutes before enjoying.