

Choco Fever Dream

Cinnamon Roll Protein Balls

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

Ingredients

Main Ingredients

- [ ] 1 cup vanilla whey protein powder
- [ ] 1 cup rolled oats
- [ ] 2 tsp ground cinnamon
- [ ] 1/4 cup honey
- [ ] 1/3 cup almond butter
- [ ] 1/2 cup plain Greek yogurt
- [ ] 2 tbsp milk (as needed)

Optional Coating

- [ ] 2 tbsp powdered sugar
- [ ] 1 tsp extra cinnamon

Instructions

1. In a large bowl, whisk together the protein powder, rolled oats, and cinnamon until evenly distributed.
2. In a smaller bowl, gently warm honey and almond butter together, then stir in the Greek yogurt.
3. Pour the wet mixture into the dry ingredients, adding milk a tablespoon at a time, and stir until a cohesive dough forms.
4. Roll the dough into 1-inch balls, then roll each ball in the cinnamon-sugar mixture until coated.
5. Place the finished balls on a parchment sheet and chill for 10 minutes before serving.

Nutrition per serving

120 kcal	10 g	12 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dough feels sticky, refrigerate for 20 minutes before shaping.
- Feel free to add a pinch of nutmeg to deepen the spice profile.
- For extra crunch, roll the balls in finely chopped toasted almonds.