

Choco Fever Dream

No-Bake Chocolate Peanut Butter Protein Balls

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

Ingredients

Base Mix

- [ ] 1 ½ cups rolled oats
- [ ] ½ cup natural peanut butter
- [ ] ¼ cup honey
- [ ] ½ cup chocolate whey protein powder
- [ ] 2 tbsp unsweetened cocoa powder
- [ ] 1 tsp vanilla extract
- [ ] Pinch of sea salt

Coating

- [ ] ½ cup dark chocolate chips
- [ ] 1 tsp coconut oil (optional for smoother melt)

Instructions

1. In a large bowl, combine rolled oats, chocolate protein powder, cocoa powder, and a pinch of salt.
2. In a microwave-safe cup, gently warm peanut butter and honey together until fluid, about 20-30 seconds; stir in vanilla.
3. Pour the warm peanut-honey mixture over the dry ingredients and stir until everything is evenly coated and the dough holds together.
4. Roll the mixture between your palms into 1-inch balls; place them on a parchment-lined tray.
5. Melt dark chocolate chips (and coconut oil, if using) in the microwave in 15-second bursts, stirring between bursts until smooth.
6. Dip each ball briefly into the melted chocolate, let excess drip off, and return to the tray. Chill for 10-15 minutes until the coating sets.

Nutrition per serving

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

Tips & notes

- If the mixture feels too sticky, refrigerate for 10 minutes before shaping.
- For a sweeter bite, increase honey by a tablespoon.
- You can swap chocolate whey for plant-based chocolate protein without changing the method.