

Choco Fever Dream

# No-Bake Lemon Poppyseed Protein Balls

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| **10 min**<br>Prep time | **10 min**<br>Total time | **12**<br>Servings |
| **Easy**<br>Difficulty | **American**<br>Cuisine | **Snack**<br>Course |

## Ingredients

### Base

- [ ] 1 cup almond flour
- [ ] 1/2 cup vanilla protein powder
- [ ] 2 tbsp poppy seeds
- [ ] Zest of 1 lemon

### Binding & Flavor

- [ ] 3 tbsp honey or pure maple syrup
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tbsp coconut oil, melted (optional)

## Instructions

1. In a large bowl, combine almond flour, protein powder, poppy seeds, and lemon zest; stir until evenly distributed.
2. In a small saucepan, gently warm honey (and coconut oil if using) until fluid, then whisk in fresh lemon juice.
3. Pour the wet mixture over the dry ingredients and mix with a sturdy spoon until a sticky dough forms. Cheesecake fluff inspired me to keep the texture light.
4. Scoop roughly one-tablespoon portions and roll between your palms into smooth balls. If the dough sticks, dampen your hands slightly.
5. Place the balls on a parchment-lined tray, drizzle a tiny extra drizzle of honey if desired, and chill for at least 15 minutes.
6. Store in an airtight container in the refrigerator. For a quick reference, see our energy bites guide.

### Nutrition per serving

| 150 kcal | 9 g | 12 g | 7 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- If the mixture feels too dry, add a few extra drops of lemon juice.
- For extra zing, roll finished balls in a touch more poppy seed.
- These balls can be frozen; let them sit at room temperature for a few minutes before eating.