

Choco Fever Dream

# No-Bake Protein Brownie Bites

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

## Ingredients

### Main Ingredients

- [ ] 1 cup rolled oats
- [ ] 1/2 cup chocolate protein powder
- [ ] 1/4 cup unsweetened cocoa powder
- [ ] 1/2 cup almond butter
- [ ] 1/4 cup maple syrup
- [ ] 1 tsp vanilla extract
- [ ] Pinch of sea salt

### Optional Topping

- [ ] 2 tbsp melted dark chocolate
- [ ] A sprinkle of extra cocoa powder

## Instructions

1. Place rolled oats in a food processor and pulse until they form a coarse flour; this gives the bites a softer crumb.
2. In a medium bowl, whisk together the oat flour, protein powder, cocoa powder, and sea salt until evenly combined.
3. Gently warm the almond butter and maple syrup in a small saucepan over low heat just until they meld; stir in vanilla.
4. Pour the warm butter mixture into the dry ingredients and stir until a thick, sticky dough forms.
5. Using your hands, roll the dough into small bite-size balls and place them on a parchment-lined tray.
6. If using, drizzle melted dark chocolate over each bite and sprinkle a little cocoa powder; chill for 15-20 minutes until firm.

### Nutrition per serving

| 120 kcal | 8 g | 10 g | 7 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- If the dough feels too crumbly, add a teaspoon of water at a time.
- For a softer texture, reduce the chilling time to 10 minutes.
- You can swap almond butter for sunflower seed butter for a nut-free version.