

Choco Fever Dream

Protein Balls – Quick & Easy Snack

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

Ingredients

Main Ingredients

- [ ] 1 ½ cups rolled oats
- [ ] ½ cup almond butter
- [ ] 1 cup medjool dates, pitted
- [ ] ¼ cup unsweetened cocoa powder
- [ ] 2 tbsp honey
- [ ] 1 tsp lemon zest
- [ ] ¼ tsp sea salt

Optional Coating

- [ ] 2 tbsp shredded coconut
- [ ] Extra cocoa powder

Instructions

1. In a food processor, pulse the dates until they form a sticky paste; set aside.
2. In a large bowl, combine oats, cocoa powder, sea salt, and lemon zest; stir gently.
3. Add the almond butter, honey, and date paste to the dry mix; use a spatula to bring everything together until the dough holds.
4. Roll the mixture between your palms into 1-inch balls; if the mixture sticks, lightly dampen your hands.
5. Optional: roll each ball in shredded coconut or extra cocoa powder for a decorative coat.
6. Place the balls on a tray and chill in the refrigerator for at least 20 minutes before serving.

Nutrition per serving

120 kcal	4 g	13 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too dry, add a teaspoon of water at a time.
- For a richer flavor, toast the oats lightly before mixing.
- These balls are perfect for freezing; just thaw briefly before eating.