

Chocolate No Bake SunButter Protein Balls

In under 10 minutes, you can have these chocolate no bake Sunbutter balls (made with natural sunflower butter) ready to go for your weekly snacks. Best part? There are no food processors or prep work involved so you can make these no-bake energy balls in no time.

ProCare Health Protein is great after exercise with its added electrolytes to replace what your body lost while being active!

6 Ingredients

- 1 cup steel cut oats
- 1/2 cup honey
- 1/3 cup all natural Sunbutter (or peanut butter)
- 1 tbsp. cocoa powder (mini chocolate chips or crushed up ProCare Health Calcium Chocolate Bars work too!)
- 2 scoops ProCare Health Chocolate Protein Powder
- 1 tsp salt



ProCare Health
BARIATRIC VITAMINS & SUPPLEMENTS

Instructions

1. In a medium-sized bowl, mix together all ingredients.
2. Mix ingredients with a spoon and roll between your palms to form balls, or use a cookie scoop.
3. Store in the fridge for up to 1 week or in the freezer for up to 3 months.

Tips & Notes

1. For this recipe make sure to use a 'butter,' like sun, almond, peanut etc. The moisture in the oils will help bind everything together.
2. If your dough is a little too dry, add more honey.
3. This recipe is formulated for 20 small balls, but if you prefer – you could make into 10 larger sized portions (for added protein).

Change it up with Vanilla Protein and some peanuts, or add in some dried fruit. Add a couple drops peppermint oil to the Chocolate ones for Thin Mint taste. Experiment and find what works great for you!

NUTRITION FACTS

Serving Size: 1 small (recipe makes 20)

Calories: 94 **Sugar:** 7.4 **Fat:** 2.9 **Carbohydrates:** 13.6

Fiber: 1.2 **Protein:** 4.65 *Baritastic app provided facts



ProCare Health
BARIATRIC VITAMINS & SUPPLEMENTS

procarenow.com
877.822.5808