

No-Bake Chocolate Chip Protein Bites

FROM THE KITCHEN OF AHNA @HAMMERSNHUGS.COM



INGREDIENTS:

1 ½ C ROLLED OATS
½ C COLLAGEN PEPTIDES (OR 4 HEAPING SCOOPS)
½ TSP CINNAMON
1 T FLAX
3T HONEY
1 TSP VANILLA
½ C PEANUT BUTTER
¼ C VANILLA ALMOND MILK
¼ C SEMI-SWEET CHOCOLATE CHIPS

DIRECTIONS:

MIX ALL THE INGREDIENTS TOGETHER. USING A COOKIE DOUGH SCOOP FOR EVEN SIZE, ROLL EACH SCOOP OF DOUGH INTO A BALL AND PLACE ON A COOKIE SHEET LINED WITH TIN FOIL. PLACE IN THE FREEZER UNTIL COLD AND HARD. REMOVE THE BITES FROM THE SHEET AND STORE IN A GALLON SIZE FREEZER BAG. MAKES APPROX 20 BITES.

TO FREEZE:

ENJOY THE PROTEIN BITES FROZEN OR REHEAT BRIEFLY IN THE MICROWAVE OR ALLOW TO THAW PRIOR TO EATING..

MACROS PER BITE: 85 CALS 7G NET CARBS 4G FAT 4G PROTEIN