

Long Livo

No-Bake Chocolate Peanut Butter Protein Balls

10 min Prep time	**10 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Base

- [ ] 1 cup natural peanut butter
- [ ] 1/3 cup honey
- [ ] 1/2 cup chocolate protein powder
- [ ] 2 tbsp unsweetened cocoa powder
- [ ] 1 tsp vanilla extract (optional)
- [ ] Pinch of sea salt (optional)

Instructions

1. In a medium bowl, stir together the peanut butter and honey until smooth; the honey should flow easily.
2. Add the vanilla and sea salt, mixing just until incorporated.
3. Sift the cocoa powder and protein powder together, then sprinkle over the wet mixture; stir until a uniform dough forms.
4. Cover the bowl and chill for 15 minutes; this firms the dough for easier shaping.
5. Roll the chilled mixture between your palms into 1-inch balls; place on a parchment-lined tray.
6. Refrigerate the balls for at least 20 minutes before serving.

Nutrition per serving

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

Tips & notes

- If the dough feels too sticky, add a tablespoon more cocoa powder.
- For a smoother texture, use creamy peanut butter rather than chunky.
- Feel free to coat the finished balls in shredded coconut or crushed nuts for extra crunch.