

Long Livo

Pumpkin Protein Balls - Gluten-Free Vegan Snack

15 min Prep time	**15 min** Total time	**20** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 1 cup pumpkin puree (not pumpkin pie filling)
- [ ] 1 ½ cups rolled oats (certified gluten-free if needed)
- [ ] ½ cup vanilla vegan protein powder
- [ ] 1/3 cup maple syrup
- [ ] ¼ cup almond butter or peanut butter
- [ ] 1 tsp pumpkin pie spice
- [ ] ½ tsp cinnamon
- [ ] Pinch of sea salt

Mix-ins (Optional)

- [ ] ¼ cup chopped pecans or walnuts
- [ ] 2 tbsp pumpkin seeds
- [ ] 2 tbsp shredded coconut

Instructions

1. In a large mixing bowl, combine the pumpkin puree, maple syrup, and almond butter. Stir until well combined and smooth. The mixture should be evenly mixed with no streaks.
2. Add the rolled oats, protein powder, pumpkin pie spice, cinnamon, and sea salt. Mix thoroughly until everything is well incorporated. The mixture should resemble a thick cookie dough.
3. If using any optional mix-ins like nuts or seeds, fold them in now. Let the mixture sit for 5 minutes to allow the oats to absorb some moisture.
4. Using a small cookie scoop or tablespoon, portion out the mixture and roll into 1-inch balls with slightly damp hands. Place them on a parchment-lined baking sheet.
5. If desired, roll the balls in extra oats, coconut, or cinnamon for coating. Refrigerate for at least 1 hour to firm up before serving.

Nutrition per serving

85 kcal	5 g	10 g	3 g
Calories	Protein	Carbs	Fat

Tips & notes

- Store in an airtight container in the refrigerator for up to 1 week
- Freeze for up to 3 months - no need to thaw, just eat frozen or let sit for 5 minutes
- If mixture is too wet, add more oats 1 tablespoon at a time until rollable
- For nut-free version, use sunflower seed butter instead of almond butter