



No Bake Protein Bites

We love these No Bake Protein Bites for a quick, healthy snack anytime! They are simple to make, and we usually always have the ingredients on hand. We make many variations by adding other favorite ingredients, but we really love this one!

Yield:

Makes about 20-25 balls

Ingredients:

1 cup rolled oats

1/2 cup raisins

1/2 cup grated carrots

1/4 cup ground flax seeds

1/4 cup sunflower seeds

1/4 cup unsweetened shredded coconut

1/4 cup maple syrup or raw honey

1/2 cup peanut butter (or any nut butter)

1/2 tsp cinnamon

Directions:

In a large bowl, add all of the ingredients and stir until evenly combined. The mixture should be a little sticky. Scoop a tablespoon of the mixture and roll into firmly packed balls. Store protein bites in an airtight container and keep refrigerated for up to a week. Enjoy!