

# French Toast Protein Balls

THM-Friendly: S

Makes 18 – 20 depending on the size you make

Serving size: 2 – 3

- 1 cup old-fashioned oats
- 1/2 cup natural peanut butter
- 1/4 cup on-plan maple syrup (I used RxSugar Syrup from [Thrive Market](#))
- 1 tsp. maple extract
- 1/4 cup THM [Creamy Dreamy Plant Protein](#)
- 1/4 cup ground flaxseed meal or hemp hearts
- 2 Tbsp. chia seeds
- 1/4 cup THM [Baking Blend](#)
- 1 Tbsp. butter powder
- 1/2 tsp. cinnamon
- 2 Tbsp. pecans



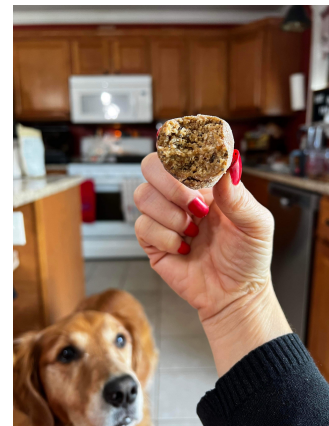
Put all the ingredients in a food processor and blend until it comes together.

Scoop out about 1-2 Tbsp. and roll into a ball.

You can then roll them in a powder. I suggest butter powder, cinnamon, and THM [Gentle Sweet](#).



enJOY!



<https://www.joyfullifewithkj.com/desserts-and-snacks/french-toast-protein-balls>