

Smores Protein Bites

THM-Friendly: S

Graham Cracker Crumbs:

I made half a batch of [All Day I Dream About Food's Graham Cracker](#) recipe. I left out the cinnamon, added 1/2 tsp. honey and used a whole egg in the half batch. I spread it roughly onto parchment and baked it in my air fryer for 12 minutes at 290 degrees. Then I let it cool for 30 minutes, crumbled it up, and chopped it until it resembled graham cracker crumbs using my Ninja Express Chopper.



Balls:

- 1/2 cup unsalted butter, softened
- 3 Tbsp. [Gentle Sweet](#)
- 1/2 cup [almond flour](#)
- 2 tsp. cocoa
- 1/4 cup [Chocolate Pristine Whey Protein](#)
- 2 Tbsp. old fashioned oats, ground in a chopper/food processor (you can also replace this with oat flour)
- 1 1/2 tsp. [marshmallow flavoring](#) (if you have on-plan, low-carb marshmallows, you could chop a few up and replace this oil)
- a generous pinch of [mineral salt](#)
- 1/2 cup on-plan (sugar-free) chocolate chips (I used dark, you can use milk chocolate)
- 1/2 cup graham cracker crumbs (recipe above)

Mix all ingredients and just 1/4 cup of graham cracker crumbs well with a fork and then get your hands in there and mix well by hand until the dough holds together well. Roll into balls. Roll in the remaining 1/4 cup of graham cracker crumbs.

enJOY!

