

Fall Y'all 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 (your choice of nut butter)
- 2 Tbsp. THM [Super Sweet](#)
- 1/4 cup THM [Creamy Dreamy Plant Protein](#) or [Pristine Whey Protein](#)
- 1/4 cup [ground flaxseed meal](#) or [hemp hearts](#)
- 2 Tbsp. [chia seeds](#)
- 1 tsp. [caramel extract](#)
- 1 tsp. [maple extract](#)
- 1/2 cup pure pumpkin puree
- 1/4 tsp. [mineral salt](#)
- 1 tsp. [apple extract](#) (optional but adds nice flavor)
- 1/4 tsp. [pumpkin pie spice](#)
- 1/8 tsp. cardamom (more to taste, if you like that sort of thing)
- 1/4 tsp. [cinnamon](#)
- 2 Tbsp. pecans



Put all ingredients in a food processor and blend until it comes together. IF needed add nut milk. Start with 1 - 2 Tbsp., then add a tsp. at a time until it reaches the consistency you desire.

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

Roll them in finely chopped pecans, then in a mixture of cinnamon, cardamom, and [Gentle Sweet](#). (You choose the amount of each to your preference.)

en**JOY!**



<https://www.joyfullifewithkj.com/desserts-and-snacks/fall-yall-protein-balls>

