

PB & J Protein Balls

THM-Friendly: S

Blend together in your food processor:

- 1 cup oats (sprouted oats are optimal but any oats will work)
- 3/4 cup peanut butter (or any nut butter)
- 1 Tbsp. Super Sweet
- 1/4 cup Creamy Dreamy (could use whey protein but may be stickier)
- 1 Tbsp. coconut oil
- 2 Tbsp. hemp hearts or chia seeds
- 1/4 cup Baking Blend

Add:

- 1/4 cup freeze-dried strawberries

Blend again. You want the dough to be fairly dry and crumbly because as you roll it, the oil in the peanut butter will activate. Roll the dough into 1" balls.

In a Ninja chopper, grind into powder:

- about 1/4 cup freeze-dried strawberries

Put the strawberry powder in a small bowl and roll the balls in the powder to coat. Refrigerate until firm.

Two to three balls would be good for a snack. One ball would be a nice S dessert.

You could use Koach Kanada's Real Deal Peanut Butter to lighten this up a little bit. Also, to make these an E, substitute KKRDPB for the peanut butter, use nut milk instead of coconut oil, and sub some goji berries for the freeze-dried strawberries.

enJOY!

