

Protein Energy Bites

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Yield: 14 blocks

Prep time: 5mins

Total time: Fridge overnight.

Ingredients

Rolled Oats | 1 ½ Cup

Whey Protein | 2 Scoops

Peanut Butter | ½ Cup

Honey | ¼ Cup

Water | 2 to 3 tbsp

Instructions

Simply put all the ingredients in a large bowl and mix them up into a dough like consistency! I prefer to use Vegan Protein Powder (rather than whey) and have found that Vanilla works really well as a flavour for this.

Once you have your dough like mixture (only takes a couple of minutes with a fork) put it on to some grease proof paper and shape into a large block.

Fridge overnight, cut up and eat!

Special diet information

140cal per serving.

13.1g Carbs / 6.2g Fat / 6.7g Protein

(these values are a rough guide from a macro calculator based on the ingredients I used. Different brands / specific ingredients could change this significantly)