

Healthy Living Program's Recipe Corner

~ eat light, eat clean, eat well! ~



Clean Eating Recipe of the Month

Power Up! Protein Balls

(Makes 8 balls)

This fast protein smack is courtesy of HLP-er **Teresa Ruygrok** who eats these on the run, when she needs a protein and / or carb boost (so post workout is perfect!). They're sooo simple and they can be frozen or left in the fridge for future quick, healthy snacks!

Ingredients

- 1/2 cup protein powder (30 g scoop, vanilla or chocolate!)
- 1/2 cup quick oats
- 1/4 cup almond or peanut butter
- 1 tsp cinnamon
- 2-3 TBSP almond milk



Instructions

Blend all dry ingredients together, and add just enough almond milk to ensure they stay firm. Roll into balls, and if you wish, you can roll them in fresh coconut or nuts too! Bake at 350 for 5 minutes.

Nutritional Information (per serving)

Calories...130

Protein...8 g

Carbohydrate...6 g

Fat...4.7 g

Healthy Living Program ~ *creating body, mind and spiritual health for life!*

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