

## Beyond your Scale Kitchen

Keep it easy with these simple but delicious recipes. From make-ahead lunches and midweek meals to fuss-free sides and moreish desserts, we've got everything you need.

### NO-BAKE PROTEIN BALLS

Every-day running to school, work, play, and everything in between, gives you little time to keep your energy up while doing it all. If you can find about a half an hour to make these peanut butter-chocolate protein balls this weekend, you'll be rewarded. They pack up easily and each one delivers enough protein for extra energy, so they're just the thing to curb mid-morning and afternoon slumps all week long.



## No-Bake Protein Balls

12 servings

30 minutes

### Ingredients

- 1 cup Rolled Oats (old fashioned)
- 2/3 cup Organic Peanut Butter (creamy, stirred well at room temperature)
- 1/2 cup Flaxseed Meal
- 1/4 cup Chocolate Chips (mini)
- 2 tbsps Maple Syrup (or honey)
- 1/4 cup Vanilla Protein Powder (whey or plant-based)

### Directions

- 1 Place all ingredients in a large bowl and with a large spoon or spatula stir well to combine. Refrigerate for 15 minutes.
- 2 Using a spoon or cookie scoop, shape the mixture into 12 (1-inch) balls and place on a baking sheet or plate. Refrigerate until set but still chewy, about 10 to 15 minutes.

### Notes

**Leftovers:** The protein balls can be stored in an airtight container in the refrigerator for up to 2 weeks or frozen for up to 3 months.

**Mix & Match:** You can easily mix things up. Swap peanut butter for almond or sunflower seed butter, try date syrup instead of maple syrup or honey, and switch out the chocolate chips for chopped dried fruit, shredded unsweetened coconut, or cacao nibs.

**Protein Powder:** As convenient as protein powders are, they often contain belly-bloating whey, questionable fillers, and unnecessary artificial sweeteners. Add 1/2 a cup of slivered almonds, chia seeds, or hemp seeds - which are also loaded with more powerful nutrients - instead of the protein powder.