



NUT-FREE BITES

Allergy-friendly protein bites made without any nuts.

4 Macro-Verified Recipes

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WHAT'S INSIDE

1. Almond Butter Protein Balls

17g protein

2. Birthday Cake Protein Balls

15g protein

3. Apple Cinnamon Protein Balls

16g protein

4. Coffee Protein Balls

17g protein

Combined Shopping List

Pro Tips

Almond Butter Protein Balls

17g

Prep: 12 min

Cook: 0 min

Total: 12 min

Yield: 20 balls

Difficulty: Easy

160

CALORIES

17g

PROTEIN

14g

CARBS

9g

FAT

INGREDIENTS

180g rolled oats

60g vanilla whey protein powder

192g almond butter

60g maple syrup

5ml almond extract

INSTRUCTIONS

- 1 Mix oats and protein powder.
- 2 Stir in almond butter, maple syrup, and almond extract.
- 3 Form 20 balls.
- 4 Refrigerate until firm.

Birthday Cake Protein Balls

15g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 20 balls

Difficulty: Easy

155

CALORIES

15g

PROTEIN

17g

CARBS

6g

FAT

INGREDIENTS

150g oat flour

60g vanilla whey protein powder

128g cashew butter

80g honey

5ml vanilla extract

40g rainbow sprinkles

INSTRUCTIONS

- 1 Combine oat flour and protein powder.
- 2 Stir in cashew butter, honey, and vanilla.
- 3 Fold in most of the sprinkles, saving some for topping.
- 4 Form 20 balls and roll in remaining sprinkles.
- 5 Refrigerate 20 minutes.

Apple Cinnamon Protein Balls

16g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 20 balls

Difficulty: Easy

150

CALORIES

16g

PROTEIN

17g

CARBS

6g

FAT

INGREDIENTS

180g rolled oats

60g vanilla whey protein powder

60g dried apple pieces, chopped

128g almond butter

60g honey

5g cinnamon

INSTRUCTIONS

- 1 Combine oats, protein powder, and cinnamon.
- 2 Stir in almond butter and honey.
- 3 Fold in dried apple pieces.
- 4 Form 20 balls.
- 5 Refrigerate 30 minutes.

Coffee Protein Balls

17g

Prep: 12 min

Cook: 0 min

Total: 12 min

Yield: 18 balls

Difficulty: Easy

160

CALORIES

17g

PROTEIN

14g

CARBS

8g

FAT

INGREDIENTS

150g rolled oats

60g vanilla whey protein powder

10g instant espresso powder

128g almond butter

60g maple syrup

60g dark chocolate chips

INSTRUCTIONS

- 1 Combine oats, protein powder, and espresso powder.
- 2 Stir in almond butter and maple syrup.
- 3 Fold in chocolate chips.
- 4 Form 18 balls.
- 5 Refrigerate until firm.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- 180g rolled oats
- 60g vanilla whey protein powder
- 150g oat flour
- 150g rolled oats
- 10g instant espresso powder

DAIRY & EGGS

- 192g almond butter
- 128g cashew butter
- 128g almond butter

PRODUCE

- 60g dried apple pieces, chopped

SWEETENERS & FLAVORINGS

- 60g maple syrup
- 5ml almond extract
- 80g honey
- 5ml vanilla extract
- 60g honey
- 60g dark chocolate chips

OTHER

- 40g rainbow sprinkles
- 5g cinnamon

PRO TIPS

Measure by Weight

For accurate macros, always use a kitchen scale. Volume measurements (cups, tablespoons) can vary significantly.

Protein Powder Tips

Different protein powders absorb liquid differently. If your batter is too thick, add liquid 1 tablespoon at a time. If too thin, add a bit more flour.

Storage

Store at room temperature for 2-3 days, refrigerate for up to 1 week, or freeze for up to 3 months. Thaw overnight in the fridge.

Meal Prep

Make a double batch on Sunday for the week ahead. Portion into containers for grab-and-go convenience.

Substitutions

Visit proteinbites.co for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients.

Want More Recipes?

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