



HOLIDAY BITES

Festive and flavorful protein bites perfect for holiday gatherings.

4 Macro-Verified Recipes

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WHAT'S INSIDE

1. Healthy Protein Balls

16g protein

2. Homemade Protein Balls

18g protein

3. Oat Protein Balls

17g protein

4. Coconut Protein Balls

16g protein

Combined Shopping List

Pro Tips

Healthy Protein Balls

16g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 20 balls

Difficulty: Easy

150

CALORIES

16g

PROTEIN

16g

CARBS

7g

FAT

INGREDIENTS

150g medjool dates

100g almonds

60g vanilla whey protein powder

60g rolled oats

30g unsweetened cocoa powder

2g sea salt

INSTRUCTIONS

1 Blend dates and almonds in food processor.

2 Add protein, oats, cocoa, and salt. Pulse until combined.

3 Form 20 balls.

4 Refrigerate 1 hour.

Homemade Protein Balls

18g

Prep: 12 min

Cook: 0 min

Total: 12 min

Yield: 22 balls

Difficulty: Easy

165

CALORIES

18g

PROTEIN

15g

CARBS

8g

FAT

INGREDIENTS

180g rolled oats

60g vanilla whey protein powder

128g nut butter of choice

80g honey or maple syrup

60g mix-ins of choice

5ml vanilla extract

INSTRUCTIONS

- 1 Combine oats and protein powder.
- 2 Stir in nut butter, sweetener, and vanilla.
- 3 Fold in your choice of chocolate chips, dried fruit, or nuts.
- 4 Form 22 balls.
- 5 Keep refrigerated up to 2 weeks.

Oat Protein Balls

17g

Prep: 10 min Cook: 0 min Total: 10 min Yield: 20 balls Difficulty: Beginner

155
CALORIES

17g
PROTEIN

18g
CARBS

6g
FAT

INGREDIENTS

200g rolled oats

60g vanilla whey protein powder

128g sunflower seed butter

80g honey

5g cinnamon

INSTRUCTIONS

- 1 Mix oats, protein powder, and cinnamon.
- 2 Stir in sunflower butter and honey.
- 3 Form 20 balls.
- 4 Refrigerate 20 minutes.

Coconut Protein Balls

16g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 18 balls

Difficulty: Easy

160

CALORIES

16g

PROTEIN

14g

CARBS

9g

FAT

INGREDIENTS

150g rolled oats

60g vanilla whey protein powder

80g shredded coconut

128g coconut butter

60g honey

30g extra coconut for rolling

INSTRUCTIONS

- 1 Combine oats, protein powder, and shredded coconut.
- 2 Stir in coconut butter and honey.
- 3 Form 18 balls.
- 4 Roll in extra shredded coconut.
- 5 Refrigerate 30 minutes.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 60g vanilla whey protein powder
- ☐ 60g rolled oats
- ☐ 30g unsweetened cocoa powder
- ☐ 180g rolled oats
- ☐ 200g rolled oats
- ☐ 150g rolled oats

DAIRY & EGGS

- ☐ 128g nut butter of choice
- ☐ 128g sunflower seed butter
- ☐ 128g coconut butter

SWEETENERS & FLAVORINGS

- ☐ 80g honey or maple syrup
- ☐ 5ml vanilla extract
- ☐ 80g honey
- ☐ 60g honey

OTHER

- ☐ 150g medjool dates
- ☐ 100g almonds
- ☐ 2g sea salt
- ☐ 60g mix-ins of choice
- ☐ 5g cinnamon
- ☐ 80g shredded coconut
- ☐

30g extra coconut for rolling

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.

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