



# KIDS FAVORITES

Fun and tasty protein bites that your kids will love.

3 Macro-Verified Recipes

ProteinBites | [proteinbites.co](https://proteinbites.co)

## WHAT'S INSIDE

1. Brownie Batter Protein Balls

19g protein

2. Gluten-Free Sunflower Seed Protein Bites

8g protein

3. Dairy-Free Tahini Date Protein Bites

7g protein

Combined Shopping List

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# Brownie Batter Protein Balls

19g

Prep: 12 min

Cook: 0 min

Total: 12 min

Yield: 20 balls

Difficulty: Easy

**170**  
CALORIES

**19g**  
PROTEIN

**15g**  
CARBS

**8g**  
FAT

## INGREDIENTS

120g oat flour

60g chocolate whey protein powder

45g unsweetened cocoa powder

128g almond butter

80g maple syrup

2g sea salt

60g chocolate chips

## INSTRUCTIONS

- 1 Combine oat flour, protein powder, cocoa, and salt.
- 2 Stir in almond butter and maple syrup until fudgy.
- 3 Fold in chocolate chips.
- 4 Form 20 balls.
- 5 Refrigerate 30 minutes for best texture.

# Gluten-Free Sunflower Seed Protein Bites

8g

Prep: 15 min

Cook: 0 min

Total: 45 min

Yield: 20 bites

Difficulty: Easy

**95**

CALORIES

**8g**

PROTEIN

**10g**

CARBS

**5g**

FAT

## INGREDIENTS

60g vanilla whey protein powder

100g sunflower seed butter

60ml honey

80g certified gluten-free rolled oats

30g mini chocolate chips (optional)

1 tsp vanilla extract

Pinch of salt

## INSTRUCTIONS

- 1 In a large bowl, combine all ingredients and mix until a thick, uniform dough forms.
- 2 Refrigerate the dough for 15 minutes to make it easier to roll.
- 3 Using a tablespoon, scoop and roll the dough into 20 small balls.
- 4 Place the bites on a parchment-lined tray and refrigerate for at least 30 minutes.
- 5 Store in an airtight container in the refrigerator for up to 2 weeks or freeze for up to 3 months.

# Dairy-Free Tahini Date Protein Bites

7g

Prep: 10 min

Cook: 0 min

Total: 40 min

Yield: 18 bites

Difficulty: Easy

**85**

CALORIES

**7g**

PROTEIN

**12g**

CARBS

**4g**

FAT

## INGREDIENTS

150g Medjool dates, pitted

60g vanilla plant-based protein powder

60g tahini

40g rolled oats

1 tbsp cocoa powder (optional)

1/2 tsp cinnamon

Pinch of salt

Sesame seeds for rolling

## INSTRUCTIONS

- 1 Add dates to a food processor and pulse until they form a sticky paste.
- 2 Add the protein powder, tahini, oats, cocoa powder, cinnamon, and salt. Process until well combined.
- 3 Roll the mixture into 18 small balls using your hands.
- 4 Roll each bite in sesame seeds to coat.
- 5 Refrigerate for 30 minutes before serving. Store in the refrigerator for up to 2 weeks.

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

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- ☐ 120g oat flour
- ☐ 60g chocolate whey protein powder
- ☐ 45g unsweetened cocoa powder
- ☐ 60g vanilla whey protein powder
- ☐ 80g certified gluten-free rolled oats
- ☐ 60g vanilla plant-based protein powder
- ☐ 40g rolled oats
- ☐ 1 tbsp cocoa powder (optional)

## DAIRY & EGGS

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- ☐ 128g almond butter
- ☐ 100g sunflower seed butter

## SWEETENERS & FLAVORINGS

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- ☐ 80g maple syrup
- ☐ 60g chocolate chips
- ☐ 60ml honey
- ☐ 30g mini chocolate chips (optional)
- ☐ 1 tsp vanilla extract

## OTHER

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- ☐ 2g sea salt
- ☐ Pinch of salt
- ☐ 150g Medjool dates, pitted
- ☐ 60g tahini
- ☐

1/2 tsp cinnamon

☐ Sesame seeds 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](https://proteinbites.co) for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients.

## Want More Recipes?

Visit us for more macro-verified bites recipes, interactive ingredient substitutions, and more free recipe packs.

[proteinbites.co](https://proteinbites.co)