



KIDS FAVORITES

Fun and tasty protein bites that your kids will love.

4 Macro-Verified Recipes

ProteinBites | proteinbites.co

WHAT'S INSIDE

1. Chocolate Coconut Energy Bites	18g protein
2. Recipe Title 23	23g protein
3. Recipe Title 24	24g protein
4. Recipe Title 25	20g protein

Combined Shopping List

Pro Tips

Chocolate Coconut Energy Bites

18g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 24 bites

Difficulty: Easy

150

CALORIES

18g

PROTEIN

12g

CARBS

8g

FAT

INGREDIENTS

240g rolled oats

120g shredded coconut

60g chocolate whey protein powder

50g cocoa powder

250g peanut butter

180g honey

5ml vanilla extract

INSTRUCTIONS

- 1 In a large bowl, mix together the rolled oats, shredded coconut, protein powder, and cocoa powder.
- 2 Add the peanut butter, honey, and vanilla extract to the bowl.
- 3 Stir all the ingredients together until well combined. The mixture should be thick and sticky.
- 4 Take small portions of the mixture and roll them into bite-sized balls, about 1-inch in diameter.
- 5 Place the bites on a baking sheet lined with parchment paper and chill in the refrigerator for at least 30 minutes to firm up.
- 6 Store the bites in an airtight container in the refrigerator for up to a week.

Recipe Title 23

23g

Prep: 10 min Cook: 0 min Total: 10 min Yield: 12 servings Difficulty: Easy

211
CALORIES

23g
PROTEIN

16g
CARBS

9g
FAT

INGREDIENTS

- 120g ingredient 23
- 60g ingredient 24

INSTRUCTIONS

- 1 Detailed instructions for step 1
- 2 Detailed instructions for step 2
- 3 Detailed instructions for step 3
- 4 Detailed instructions for step 4
- 5 Detailed instructions for step 5

Recipe Title 24

24g

Prep: 10 min Cook: 0 min Total: 10 min Yield: 12 servings Difficulty: Easy

213
CALORIES

24g
PROTEIN

14g
CARBS

6g
FAT

INGREDIENTS

120g ingredient 24

60g ingredient 25

INSTRUCTIONS

- 1 Detailed instructions for step 1
- 2 Detailed instructions for step 2
- 3 Detailed instructions for step 3
- 4 Detailed instructions for step 4
- 5 Detailed instructions for step 5

Recipe Title 25

20g

Prep: 10 min Cook: 0 min Total: 10 min Yield: 12 servings Difficulty: Easy

215
CALORIES

20g
PROTEIN

15g
CARBS

7g
FAT

INGREDIENTS

120g ingredient 25

60g ingredient 26

INSTRUCTIONS

- 1 Detailed instructions for step 1
- 2 Detailed instructions for step 2
- 3 Detailed instructions for step 3
- 4 Detailed instructions for step 4
- 5 Detailed instructions for step 5

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 240g rolled oats
- ☐ 60g chocolate whey protein powder
- ☐ 50g cocoa powder

DAIRY & EGGS

- ☐ 250g peanut butter

SWEETENERS & FLAVORINGS

- ☐ 180g honey
- ☐ 5ml vanilla extract

OTHER

- ☐ 120g shredded coconut
- ☐ 120g ingredient 23
- ☐ 60g ingredient 24
- ☐ 120g ingredient 24
- ☐ 60g ingredient 25
- ☐ 120g ingredient 25
- ☐ 60g ingredient 26

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?

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

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