



GLUTEN-FREE & DAIRY-FREE

A collection of our best gluten-free and dairy-free recipes, perfect for those with dietary restrictions.

2 Macro-Verified Recipes

ProteinBites | proteinbites.co

WHAT'S INSIDE

1. Gluten-Free Sunflower Seed Protein Bites

8g protein

2. Dairy-Free Tahini Date Protein Bites

7g protein

Combined Shopping List

Pro Tips

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

- ☐ 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

- ☐ 100g sunflower seed butter

SWEETENERS & FLAVORINGS

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

OTHER

- ☐ 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 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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