



NUT-FREE BITES

Allergy-friendly protein bites made without any nuts.

5 Macro-Verified Recipes

ProteinBites | proteinbites.co

WHAT'S INSIDE

-
- 1. Recipe Title 14 24g protein
 - 2. Recipe Title 15 20g protein
 - 3. Recipe Title 16 21g protein
 - 4. Recipe Title 17 22g protein
 - 5. Recipe Title 18 23g protein
-

Combined Shopping List

Pro Tips

Recipe Title 14

24g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 12 servings

Difficulty: Easy

193

CALORIES

24g

PROTEIN

16g

CARBS

8g

FAT

INGREDIENTS

120g ingredient 14

60g ingredient 15

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 15

20g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 12 servings

Difficulty: Easy

195

CALORIES

20g

PROTEIN

14g

CARBS

9g

FAT

INGREDIENTS

120g ingredient 15

60g ingredient 16

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 16

21g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 12 servings

Difficulty: Easy

197

CALORIES

21g

PROTEIN

15g

CARBS

6g

FAT

INGREDIENTS

120g ingredient 16

60g ingredient 17

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 17

22g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 12 servings

Difficulty: Easy

199

CALORIES

22g

PROTEIN

16g

CARBS

7g

FAT

INGREDIENTS

120g ingredient 17

60g ingredient 18

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 18

23g

Prep: 10 min

Cook: 0 min

Total: 10 min

Yield: 12 servings

Difficulty: Easy

201

CALORIES

23g

PROTEIN

14g

CARBS

8g

FAT

INGREDIENTS

120g ingredient 18

60g ingredient 19

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

OTHER

- 120g ingredient 14
- 60g ingredient 15
- 120g ingredient 15
- 60g ingredient 16
- 120g ingredient 16
- 60g ingredient 17
- 120g ingredient 17
- 60g ingredient 18
- 120g ingredient 18
- 60g ingredient 19

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.

proteinbites.co