



KIDS FAVORITES

Fun and tasty protein bites that your kids will love.

3 Macro-Verified Recipes

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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

Pro Tips

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

- 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

- 128g almond butter
- 100g sunflower seed butter

SWEETENERS & FLAVORINGS

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

OTHER

- 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 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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