



QUICK ENERGY

Get a quick and healthy energy boost with these protein-packed bites.

4 Macro-Verified Recipes

ProteinBites | proteinbites.co

WHAT'S INSIDE

-
- 1. Vegan Protein Balls 16g protein
 - 2. Nut-Free Protein Balls 15g protein
 - 3. Lemon Protein Balls 15g protein
 - 4. Trail Mix Protein Balls 18g protein
-

Combined Shopping List

Pro Tips

Vegan Protein Balls

16g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 20 balls

Difficulty: Easy

155

CALORIES

16g

PROTEIN

16g

CARBS

7g

FAT

INGREDIENTS

180g rolled oats

60g vanilla pea protein powder

128g almond butter

80g maple syrup

60g vegan chocolate chips

5ml vanilla extract

INSTRUCTIONS

- 1 Combine oats and protein powder.
- 2 Stir in almond butter, maple syrup, and vanilla.
- 3 Fold in chocolate chips.
- 4 Form 20 balls.
- 5 Refrigerate 30 minutes.

Nut-Free Protein Balls

15g

Prep: 12 min

Cook: 0 min

Total: 12 min

Yield: 20 balls

Difficulty: Easy

150

CALORIES

15g

PROTEIN

16g

CARBS

7g

FAT

INGREDIENTS

180g rolled oats

60g vanilla whey protein powder

192g sunflower seed butter

60g honey

60g mini chocolate chips

INSTRUCTIONS

- 1 Mix oats and protein powder.
- 2 Stir in sunflower butter and honey.
- 3 Fold in chocolate chips.
- 4 Form 20 balls.
- 5 Refrigerate until firm.

Lemon Protein Balls

15g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 20 balls

Difficulty: Easy

145

CALORIES

15g

PROTEIN

15g

CARBS

6g

FAT

INGREDIENTS

150g oat flour

60g vanilla whey protein powder

128g cashew butter

60g honey

15ml fresh lemon juice

10g lemon zest

INSTRUCTIONS

- 1 Combine oat flour and protein powder.
- 2 Stir in cashew butter, honey, lemon juice, and zest.
- 3 Form 20 balls.
- 4 Roll in extra lemon zest or powdered sweetener.
- 5 Refrigerate 30 minutes.

Trail Mix Protein Balls

18g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 18 balls

Difficulty: Easy

175

CALORIES

18g

PROTEIN

17g

CARBS

9g

FAT

INGREDIENTS

150g rolled oats

60g vanilla whey protein powder

128g mixed nut butter

60g honey

30g mixed nuts, chopped

30g dried cranberries

30g dark chocolate chips

INSTRUCTIONS

- 1 Combine oats, protein powder, nut butter, and honey.
- 2 Fold in nuts, cranberries, and chocolate chips.
- 3 Form 18 balls.
- 4 Refrigerate until firm.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- 180g rolled oats
- 60g vanilla pea protein powder
- 60g vanilla whey protein powder
- 150g oat flour
- 150g rolled oats

DAIRY & EGGS

- 128g almond butter
- 192g sunflower seed butter
- 128g cashew butter
- 128g mixed nut butter

PRODUCE

- 15ml fresh lemon juice
- 10g lemon zest

SWEETENERS & FLAVORINGS

- 80g maple syrup
- 60g vegan chocolate chips
- 5ml vanilla extract
- 60g honey
- 60g mini chocolate chips
- 30g dark chocolate chips

OTHER

-

30g mixed nuts, chopped

30g dried cranberries

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