



# NUT-FREE BITES

Allergy-friendly protein bites made without any nuts.

5 Macro-Verified Recipes

ProteinBites | [proteinbites.co](https://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

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- ☐ 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](https://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](https://proteinbites.co)