

Helergon Kitchen

No-Bake Chocolate Peanut Butter Protein Balls

10 min Prep time	**10 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Main Ingredients

- [ ] 1 cup natural peanut butter
- [ ] 1/2 cup chocolate protein powder
- [ ] 1/4 cup unsweetened cocoa powder
- [ ] 1/4 cup honey
- [ ] Pinch of salt

Instructions

1. In a medium bowl, combine the peanut butter and honey; stir until smooth and slightly warmed.
2. Add the protein powder, cocoa powder, and salt. Mix gently until the dough becomes glossy and holds together.
3. Cover the bowl and chill for 10-15 minutes to firm up the mixture.
4. Using your hands, roll the chilled dough into 1-inch balls. If desired, roll each ball in extra cocoa powder or chopped nuts.
5. Place the balls on a parchment-lined tray and refrigerate for another 15 minutes before serving.

Nutrition per serving

120 kcal	6 g	12 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture sticks to your hands, lightly dampen them with water.
- For a richer chocolate flavor, use a spoonful of melted dark chocolate mixed in with the cocoa.
- You can double the batch and freeze the balls for up to 2 months.