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Peanut Butter Protein Balls ♦♦

Peanut Butter Protein Balls are a delicious and healthy snack made with peanut butter, protein powder, oats, and honey. They are perfect for a quick energy boost before or after a workout, or as a guilt-free treat. These protein balls are vegan and gluten-free, making them suitable for a wide range of dietary preferences.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 250 grams

Number of Servings: 10

Serving Size: 25 g

Ingredients

150 g	Peanut Butter
50 g	plant-based protein powder
100 g	Oats
50 g	Honey
25 g	Chia Seeds

1 tsp vanilla extract

1 tsp Salt

Directions

Step 1

Mixing

In a large bowl, mix together peanut butter, protein powder, oats, honey, chia seeds, vanilla extract, and salt.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Rolling

Roll the mixture into small balls, about 1 inch in diameter.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 9 g

Protein: 10 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	9 g	32.14%	36%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	150 mg	4.41%	5.77%
Zinc	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	0 mcg	0%	0%

Recipe Attributes

Course

Snacks

Main Dishes

Nutritional Content

Low Fat

Low Carb

High Fiber

Low Sodium

Kitchen Tools

Oven

Cultural

Chinese New Year

Easter

Cost

Under \$10

Demographics

Teen Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Volumetrics Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Meal Type

Snack

Supper

Difficulty Level

Easy

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