

Protein Peanut Butter Crunch Balls

Treat yourself to these easy, no-bake Protein Peanut Butter Crunch Balls. Each bite is packed with protein powder and crispy rice cereal, offering a delicious and nutritious snack. They're great for a quick pick-me-up, replenishing energy after workouts, or enjoying as a snack any time of day!

SIMPLE RECIPE

Ingredients

- 1/2 cup creamy peanut butter, melted
- 1/4 cup honey
- 1 scoop vanilla protein powder
- 1.5 cups rice crispy cereal
- 1/3 cup mini chocolate chips
- 1 cup chocolate chips
- 1 tsp coconut oil

Directions

1. In a large bowl, combine the peanut butter and honey. Mix until smooth and well combined.
2. Add the protein powder, crispy rice cereal, mini chocolate chips, and a pinch of salt to the bowl. Stir until everything is well incorporated and forms a dough-like consistency.
3. Using your hands, roll the mixture into small balls, about 1 inch in diameter. If the mixture is too sticky, you can wet your hands slightly to make rolling easier. If mixture isn't sticky enough, you can add more peanut butter or honey to form the right consistency.
4. Place the balls on a baking sheet lined with parchment paper and freeze for at least 15 minutes to firm up.
5. In a microwave-safe bowl, combine the chocolate chips and coconut oil. Microwave in 30-second intervals, stirring in between, until the chocolate is completely melted and smooth.
6. Using a fork or a toothpick, dip each chilled ball into the melted chocolate, coating it completely. Let any excess chocolate drip off before placing the ball back on the parchment-lined baking sheet. Then add flakey sea salt to the top.
7. Place the chocolate-covered balls back in the refrigerator for about 30 minutes, or until the chocolate is set.



Notes:

Enjoyed best when shared!