



Protein Balls

PREPPING TIME: 10 MINS

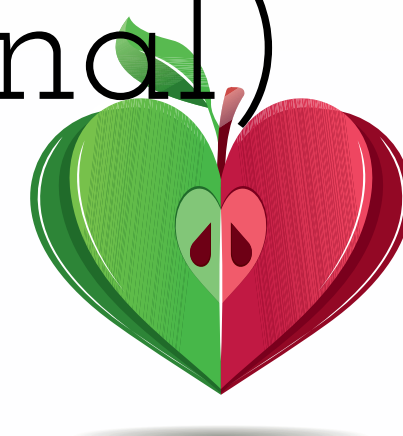


Healthy
UCD

SERVINGS: 2

Ingredients

- 150g porridge oats
- 50g protein powder of your choice (we used vanilla whey)
- 1 tbsp ground flaxseeds
- Pinch of ground cinnamon
- 1 tsp vanilla extract
- 2 tbsp maple syrup
- 150g nut butter of your choice (we used peanut)
- 4 tbsp plant milk
- 25g chocolate chips or raisins (optional)



Healthy
UCD

Ingredient	Amount	Cost (Tesco)	Aldi	Centra
Porridge oats	150g	€0.11	€0.11	€0.18
Protein powder	50g	-	-	--
Flaxseeds	1 tbsp	€0.28	€0.37	--
Cinnamon	x1 Pinch	€0.05	€0.02	€0.05
Vanilla Essence	1 tsp	€0.20	€0.12	€0.3
Maple Syrup	2 tbsp	€0.70	€0.06	€0.5
Nut butter	150g	€0.65	€0.65	--
Milk	4 tbsp	€0.07	€0.06	€0.02
Chocolate chips	25g	€0.23	€0.19	€0.04
Total cost/recipe		€2.28	€1.60	€
Total cost/serving	€0.1	€0.15	€0.1	€

Method

1. Combine the oats, protein powder, flaxseed and cinnamon in a large bowl. Stir in the maple syrup, vanilla extract, nut butter, milk and chocolate chips.
2. Stir well to combine the mixture, then, using damp hands, roll it into 15 balls (they should be about 30g each). Arrange on a plate and chill for 30 mins until firm, then serve.

Nutritional Values/100g

	Per Serving	%RI
Energy (kcal)	128	23%
Fat	6g	20%
of which saturates	1g	3%
Carbohydrates	10g	33%
Fibre	2g	6.6%
Protein	7g	23%
Salt	0.11g	0.4

Dietary Information



Gluten free



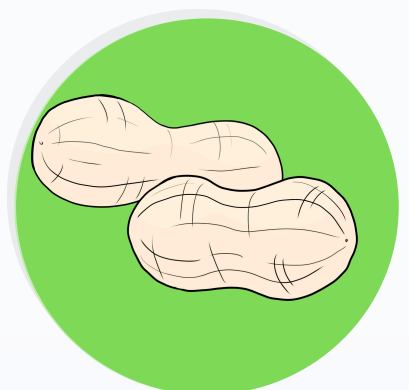
Vegetarian



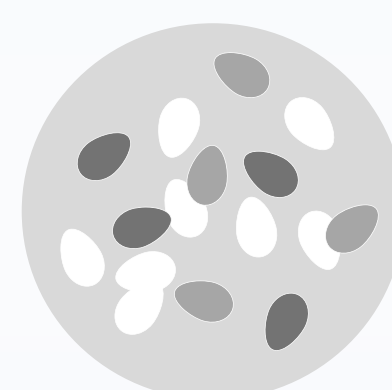
Contains gluten



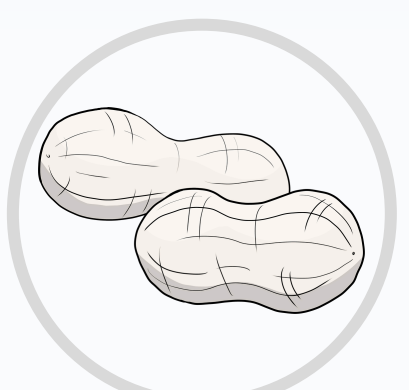
Vegan



Contains nuts



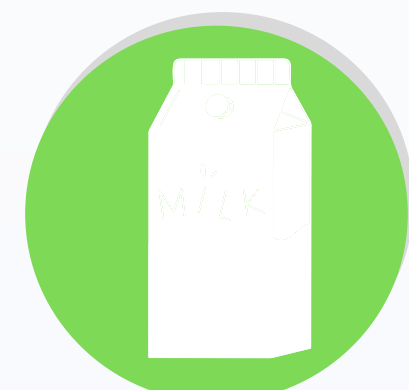
Contains sesame



May contain nuts



Contains soy



Contains dairy



Contains celery



Contains eggs



Contains fish