

# High-Protein Energy Balls

By @LongevityWithDan

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## Ingredients

### Dry

- **¾ cup rolled oats**
- **¼ cup oat flour** (*key texture trick*)
- **3 tbsp ground flaxseed**
- **2 tbsp hemp hearts**
- **1 tbsp chia seeds**
- **¼ cup shredded coconut**
- **80 g vanilla protein powder**
- **⅓ cup mini chocolate chips**
- pinch of salt

*Notes: If you use chocolate protein powder you can skip the chocolate chips if you want. Regarding chocolate chips, I like to use a healthy product made strictly from dates and cocoa (look in your favorite store or Amazon)...or I'll often take a 80+% cacao chocolate bar and cut it into small chunks.*

### Wet

- **1 cup natural peanut butter**
- **⅓ cup honey**
- **1 tsp vanilla extract**

### Optional but excellent:

- **1 tbsp coconut oil** (better texture when chilled)

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## Instructions

### 1 Mix dry ingredients

#### Combine:

- oats
- oat flour
- flax
- hemp
- chia
- coconut
- protein powder
- chocolate chips
- salt

### 2 Warm the binder

1. Microwave together for 20-25 seconds:
  - peanut butter
  - honey
  - coconut oil
2. Stir in vanilla.

### 3 Combine

Pour wet mixture into dry bowl and mix thoroughly.

The mixture should feel like **thick cookie dough**.

Adjust if needed:

- Too dry → **1 tbsp honey**
  - Too sticky → **1 tbsp oat flour**
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### 4 Chill

Refrigerate **30 minutes**.

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### 5 Roll

Roll **1–1.25 inch balls**.

Makes **~18 balls**.

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## Estimated Macros (per ball)

Approximate:

- **Calories:** 150
- **Protein:** ~10 g
- **Carbs:** ~12 g
- **Fat:** ~8 g