

PUMPKIN SPICE

Energy Balls

INGREDIENTS:

- 1 cup gluten-free rolled oats
- 1/2 cup PB Fit, mixed with water to a peanut butter consistency
- 1/2 cup pure pumpkin puree
- 2 scoops protein powder (vanilla, cinnamon, pumpkin spice, or unflavored)
- 1/8 cup unsweetened shredded coconut
- 1/8 cup ground flaxseed
- 1/8 cup dark chocolate chips or cacao nibs
- 1/8 cup toasted pepitas
- 1/8 cup honey
- Pumpkin pie spice, to taste

INSTRUCTIONS:

- Mix all ingredients in a bowl.
- Roll into 12 balls (gloves help form them without mess).
- Store in an airtight container in the refrigerator.
- Makes 12; nutrition info below is per ball and may vary by brand of products used.



CALORIES: 138
FAT: 5G
CARBS: 15G
PROTEIN: 8G