

## Article of The Week

### Dr H's Protein Peanut Butter Balls

So these Protein Peanut Butter Balls are my go-to snack especially when I am working to cut out sugar, bread and cookies from my diet. My children love both eating and making them and they are very inexpensive so they are one of my top 10 “Loving Food” recipes.

Protein Peanut Butter Balls from Dr Craig “H” Hindson at Loving Life Chiropractic – the chiropractor Ottawa residents choose for effective long-term results.

Quick and easy way to set yourself up through the week with delicious protein snacks to avoid the cookie and sugar snack cravings.

Easy no bake protein peanut butter balls. Ideal as snacks at school, post workout or through the day:

### Ingredients:

- 1 cup large flake oatmeal,
- 2/3 cup toasted unsweetened coconut flakes
- 3/4 cup peanut butter (I like the “Naturalia” brand)
- 1/2 cup ground flaxseed
- 1-3 tablespoons chia seeds (to taste)
- 1/3 cup honey
- 1/2 cup mini chocolate chips (or use cocoa nibs to further cut out sugar)



### Instructions:

1. Add all the ingredients to a medium bowl and mix with a wooden spoon, or by hand if you like getting messy!
2. Take a table spoon of the mixture in your hand and roll into a ball (or you can use a little press like on the video above).
3. If the balls don't quite stick together as you would like them use some more honey or peanut butter.
4. If you wish to give your protein peanut butter balls that gourmet look then roll in cocoa powder or flaked coconut.
5. Place on tray and in fridge to give the balls a chance to firm up. After 1 hour transfer to an airtight container and refrigerate (for 2weeks) or freeze (2 months+).

Enjoy!