# Recipe Card

## Protein Balls

### Ingredients

1½ cup rolled oats
½ cup protein powder
½ tsp cinnamon
1 tbsp Chia seeds
½ cup natural peanut butter
3 tbsp honey
1 tsp vanilla extract
1/3 cup raisins
2-4 tbsp almond milk

### Method

1. Add oats, protein powder, cinnamon and Chia seeds in a bowl.
2. Add peanut butter, honey and vanilla extract – combine.
3. Add in raisins – the mixture should be sticky.
4. Slowly add liquid, 1 tablespoon at a time.
5. Put in fridge for 30 minutes until set.

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