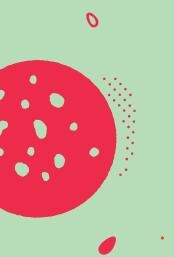
PROTEIN BALLS





Alumni







ALUMNI RECIPES www.napier.ac.uk/alumni

WOODY MORRIS'S

Protein Balls



Makes 8-10 Balls



Cook 10 mins





Woody Morris

HND Journalism, 1993 Health and Nutrition Life Coach & Paddle Board Instructor

@woodyymorris

These protein balls are great way to refuel after the gym!

INGREDIENTS

- 4 scoops protein powder
- 2 tbsp nut butter
- 2 tbsp rice malt syrup
- Handful oats, walnuts, cacao nibs, ground flaxseed, sunflower & linseed*
- Oat milk

METHOD

Mix the protein powder, nut butter, syrup and seeds in a bowl and bind with oat milk.

Once combined, spoon out a small amount of mixture and start rolling!

Use your hands to shape the mixture into small balls and your protein snacks are ready!

Eat some on the go to regain energy between classes and keep the rest refrigerated.



*PRO TIP:

you can buy mixed seeds cheaply from Aldi.







