

PROTEIN BALLS

An abstract illustration on a light green background. It features three large, dark green circles with white spots, resembling protein balls. A yellow, irregular shape with a dotted pattern is in the center. A yellow rectangular container with a lid and two white capsules is at the bottom. Small yellow and white dots are scattered throughout the scene.

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WOODY MORRIS'S

Protein Balls



Makes 8-10 Balls



Cook 10 mins



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HND Journalism, 1993
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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.



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