



Protein Balls

Ingredients

- 1 serving of ESC protein
- 1 cup peanut butter
- 1/2 cup milk
- 2 cups oats
- 1/2 cup honey
- 1/3 cup chocolate chips or blueberries

Directions

1. Blend honey & peanut butter in a bowl and microwave until melted
2. Mix in other ingredients
3. Scoop out balls and refrigerate or freeze until you get the texture you desire

Nutritional Facts	
Servings Per Batch	10
Serving Size	1 Ball
Amount per Serving	
Calories	305
Carbs	29g
Fat	18g
Protein	12g

*Nutritional Facts will vary depending on ingredients