

HOMERECED

a navigational guide to everyday recreation

Presented by the Golden Valley Parks & Recreation Department

ALMOND CACAO PROTEIN BALLS

What You Need

- 250 grams or 1 cup of Cottage Cheese
- 1 cup of rolled oats
- ¼ cup of whey protein
- 3 tbsp of almond butter
- ½ tbsp of cacao power or cocoa powder
- Add honey or maple syrup for taste (optional)

Instructions

1. Mix ingredients in a large bowl and form into 10-12 balls and place on cookie sheet.
2. Put in freezer for 30 minutes and enjoy.

Keep in an airtight container in freezer for up to 3 months or in refrigerator for 1 week.

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