

PUMPKIN PROTEIN ENERGY BITES

BY: PREMIER PROTEIN

PREP TIME: 10 MIN FREEZE TIME: 20 MIN TOTAL TIME: 30 MIN SERVINGS: 12

INGREDIENTS

1 scoop of Vanilla Premier Protein Powder
1/3 cup canned pumpkin puree
1/3 cup maple syrup
1/3 cup creamy peanut butter
1/2 teaspoon cinnamon
1 teaspoon vanilla
1 1/4 cups quick cook oats

DIRECTIONS

Add all ingredients to a medium bowl and mix until well combined. It's a bit of a wet batter but the mixture will roll into balls.

Wet your hands with a little water (to keep the pumpkin balls from sticking to you) and roll into 12 equal balls, each about the size of a golf ball.

Place the energy balls on a wax paper-lined plate, add toppings of your choice and place in the freezer for 15-20 minutes to help them set up.

Serve!