

A simple, nutritious,  
on-the-go snack.



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INGREDIENTS!





# CHOCOLATE PEANUT BUTTER PROTEIN BALLS

## INGREDIENTS

- 1 cup Old Fashioned Rolled Oats
- 1/4 cup Mini Chocolate Chips
- 1/3 cup Chocolate Whey Protein Powder

- 1/2 cup Peanut Butter
- 3 tbs Honey

## DIRECTIONS

1. Add all ingredients to a mixing bowl. Mix well using a mixer on low or hand mix all the ingredients.
2. Roll or scoop the dough into 1-1 1/2 inch size balls using a cookie dough scoop.
3. Store balls in an airtight container at room temperature. Balls can be frozen for later consumption.

Ingredients: Peanut butter, Oats, Honey, Semi-sweet chocolate chips (Cane sugar, chocolate liquor, cocoa butter, milkfat, soy lecithin, vanilla extract), Protein powder [Milk whey protein, Whey protein isolate, Whey protein concentrate, Cocoa (processed with alkali), Natural flavors, Sunflower lecithin, Sea salt, Stevia leaf extract].

Contains: Milk, peanuts.

Nutrition Facts	
servings per container	
Serving size	30 g (2 balls)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 6g Added Sugars	12%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1mg	6%
Potassium 124mg	2%



THE STRONG INSIDE: MAKE IT WITH DAIRY