

LEAN BODY®



No Bake Protein Balls

HOW TO MAKE THEM

1. Combine all of your ingredients together in a bowl
2. Mix everything together
3. Shape into balls

INGREDIENTS

- 8 Ounces (240g) Fat Free Cream Cheese
- 2 Tablespoons (10g) Cocoa Powder
- 2 Tablespoons (32g) Nut Butter
- 1/2 Cup (40g) Rolled Oats
- 1 Teaspoon Vanilla Extract
- 1/4 Teaspoon Salt
- 1/4 Teaspoon Xanthan Gum
- 2 Scoops (70g) Your Choice Flavor **Lean Body MRP**
- 1 Ounce Your Choice Flavor **Lean Body RTD** or Milk/Milk Substitute

NUTRITION

1 Ball

Makes: 10 Balls

Calories: 95

Fat: 2.8g

Saturated Fat: .6g

Sodium: 110.4mg

Carbs: 8.9g

Fiber: 1.6g

Sugar: 2.5g

Protein: 8.7g

TIPS

Roll them in your favorite topping like sugar free chocolate chips, nuts, or crushed up graham crackers!

Make sure the flavors you use compliment each other!



5:00