



PUMPKIN SPICE PROTEIN BALLS

High Protein / Gluten-Free / Clean Ingredients

Recipe featured on MariGoldFoods.com

INGREDIENTS:

- 1 cup gluten-free old-fashioned rolled oats
- 1/2 cup MariGold Pumpkin Spice Whey Isolate Protein Powder
- 1/4 cup almond butter or peanut butter (unsweetened and no added oils)
- 1/4 cup pure pumpkin puree (canned or homemade)
- 2 tablespoons honey or a sugar-free sweetener (adjust to taste)
- 1/2 teaspoon vanilla extract
- A pinch of salt

Optional add-ins:

- 1/4 cup chopped nuts (such as almonds, walnuts, or pecans)
- 1/4 cup Flax or Chia Seeds
- 1/4 cup mini chocolate chips (use sugar-free for a lower-sugar option)
- Unsweetened shredded coconut for rolling (optional)

DIRECTIONS

1. Mix Dry Ingredients - In a mixing bowl, combine the rolled oats and pumpkin spice-flavored whey isolate protein powder.
2. Combine Wet Ingredients - In a separate bowl, mix together the almond or peanut butter, pumpkin puree, honey or sweetener, vanilla extract, and a pinch of salt until the mixture is well combined.
3. Combine Wet and Dry Mixtures - Pour the wet mixture into the bowl with the dry ingredients. Stir until all the ingredients are thoroughly combined. The mixture should be sticky and hold together.
4. Shape into Bites - Using clean hands, take small portions of the mixture and roll them into bite-sized balls. If desired, roll the bites in unsweetened shredded coconut for added texture and flavor.
5. Chill and Set - Place the pumpkin spice protein bites on a tray or plate lined with parchment paper and refrigerate for about 20-30 minutes to help them set.
6. Once they've firmed up, your Pumpkin Spice Protein Bites are ready to enjoy! Store any leftovers in an airtight container in the refrigerator for freshness.



Featuring MariGold
Pumpkin Spice
Whey Isolate Protein Powder
(MariGoldFoods.com)

