Pumpkin Protein Balls

Created by Nourished by Nic | Makes 15 Protein Balls

Nourished by Nic aims to uncomplicate healthy eating. Nicole Addison, RD, MHSc shares a variety of unique and healthy food.

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Ingredients

- 1/2 cup pumpkin puree
- 1/2 cup cashew butter
- 4 tablespoon maple syrup
- 1/3 cup + 2 tablespoon vanilla protein powder see notes below for substitutions
- 1 cup + 2 tablespoon oats
- 2 teaspoon pumpkin pie spice
- 1/4 cup white chocolate chips optional

Instructions

1. In a medium mixing bowl combine pumpkin puree, cashew butter and maple syrup. Stir well.
2. To the same bowl, add protein powder, oats and pumpkin pie spice. Mix well (you may need to use your hands to fully combine the ingredients).
3. Add white chocolate chips and stir.
4. One ingredients are mixed, roll into about 15 equal sized protein balls (about 1.5 tablespoon per ball).

Note: Protein powder can be substituted with 1/3 cup oats.

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