



February 11- Chocolate Peanut Butter Balls

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=866243>

Recipe

Ingredients:

- ½ cup peanut butter
- 3 scoops chocolate protein powder
- 2 ripe bananas (mashed)
- ¼ cup ground flax seed

Directions

1. Combine ingredients in bowl.
2. Form the mixture into small balls and put in the freezer to set before eating.

Yield 25 servings

Nutrition Facts

Serving Size 1 ball (19.28g)
Servings Per Container 25

Amount Per Serving

Calories 60 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0.5g **4%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 30mg **1%**

Total Carbohydrate 4g **1%**

Dietary Fiber <1g **4%**

Sugars 2g

Protein 4g **9%**

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.