



## PEANUT BUTTER PROTEIN BALLS

High Protein / Low Sugar / No-Bake

Recipe by Curtis (@ketoxjunkie) and

Featured on MariGoldFoods.com

### INGREDIENTS:

- 1 cup no sugar added peanut butter
- 2 servings of MariGold Peanut Butter Whey Isolate Protein Powder
- 1/3 cup honey
- 1/4 cup flour of choice (using lupin flour)
- Pinch Sea Salt, (optional)

### DIRECTIONS

1. Mix all ingredients thoroughly then refrigerate for 30 minutes.
2. Roll peanut butter mixture into walnut sized balls. (if mixture is sticking to your hands add a little more flour until it stops sticking)
3. Seal in an airtight container and keep in the refrigerator. The balls will firm up after 4-6 hours in the fridge.



Featuring MariGold  
Peanut Butter Whey Isolate  
Protein Powder  
(MariGoldFoods.com)

