

# STRAWBERRY NUT CRUNCH BALLS



**USOC**  
SPORTS NUTRITION

Servings: 50 balls | Preparation Time: 15 minutes



Recipe Difficulty:

## INGREDIENTS

- 2.5 cups natural peanut butter
- 3 ripe bananas, mashed
- 6 scoops strawberry protein powder
- 2 cups rolled oats
- 1 cup Kellogg's rice chex (crushed) or rice krispies



Source: [jennsblahblahblog.com](http://jennsblahblahblog.com)

## DIRECTIONS

- 1) In a large mixing bowl mash the bananas
- 2) Combine peanut butter and mashed bananas
- 3) In a separate bowl, combine all dry ingredients (protein powder, oats, crushed cereal)
- 4) Add the dry ingredients to the peanut butter and banana mixture and combine
- 5) Roll each ball to be about 1 in. x 1 in.
- 6) Place in a sealable container or Ziploc baggie to store for later

Serving Size: 1 ball

Calories: 120

Fat (g): 7

Sodium (mg): 90

Carb (g): 9

Fiber (g): 2

Protein (g): 7

## THE INSIDE SCOOP

These energy balls are great as a grab and go snack to help fuel or refuel your muscles pre or post training/competition. Consume two energy balls post training/competition for an easy high protein recovery snack. These balls are also rich in iron, which helps produce red blood cells to keep your body efficient at delivering oxygen to muscles. Additionally, the fiber in the oats and healthy fats in the peanut butter will keep you feeling full longer.

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