

Ingredients

Preparation time: 20 min

Servings: ~25 balls

Cost: \$

1 cup almond butter

½ cup brown sugar

½ cup honey

½ cup bittersweet chocolate chips

1 serving whey protein powder (approx. 26 g protein)

½ cup almonds

1 cup dried cranberries

1 cup old fashioned oats

1 ½ cups puffed rice cereal

Directions

1. Microwave almond butter, brown sugar, honey for 1 – 1 ½ minutes in microwave safe bowl, stir.
2. Add chocolate chips and protein powder, stir until melted until well-mixed.
3. Combine remaining ingredients in large bowl. Pour melted mixture over dry ingredients and stir until everything is combined.
4. Form into ~2 Tbsp. size balls.
5. Place in airtight container in fridge for up to 1 week.



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Almond Butter Granola Balls

Amount	1 ball
Calories	164
Fat (g)	8
Sat. Fat (g)	2
Carb. (g)	22
Fiber (g)	2
Protein (g)	4

Allergen info:

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Cooking Tip

Many ingredients in this recipe can be substituted including nut butter, sweeteners, dried fruit, and cereal. If the mixture seems dry and doesn't stick together well, mix in a little bit of nut butter and agave nectar or honey until the consistency improves. To make the recipe gluten free choose gluten free oats. However, if you have celiac disease, it is wise to choose a different cereal.

Performance Facts

These balls can be eaten before, during or after training depending on the focus and intensity of the session. They also are a perfect evening snack combined with a glass of milk.