

No-Bake Peanut Butter Protein Balls

Makes 16-18 balls

Prep Time: 10-15 mins



Ingredients:

- 1 cup peanut butter
- 3 tablespoons maple syrup or honey
- 1 1/2 cup oats
- Optional: 1/2 cup chocolate chips, raisins, or any dried fruit

Preparation:

1. Mix together peanut butter and maple syrup/honey
2. Add in oats and optional chocolate chips/raisins/dried fruit and mix until completely combined (use hands if needed)
3. Roll mixture into 1 oz. balls (about golf ball size)
4. Enjoy!



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Adapted from: marshasbakingaddiction.com

Fiesta Bean Salad

Makes 4 servings

Prep Time: 10 mins



Ingredients:

- 1 can black beans
- 1 can kidney beans
- 1 can corn
- 1 can diced tomatoes
- Optional: 1/3 cup shredded cheddar cheese
- Optional: 1/4 cup chopped red onion
- Optional: 2 tablespoons lime juice
- Chips of choice

Preparation:

- Combine black beans, kidney beans, corn, and diced tomatoes, mix all together
- Add in optional shredded cheese, red onion, and lime juice
- Stir all together and enjoy!
- Eat like a salad or scoop up with chips



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