

Pumpkin Pie Protein Balls

A seasonal treat!

Ingredients

2 scoops vanilla protein powder (Leaner Living)
¼ cup pumpkin seeds
¼ cup rolled oats
1 tsp cinnamon
½ tsp pumpkin pie spice
½ cup canned pumpkin
1 tsp sugar-free maple syrup



Directions

1. Combine dry ingredients in a bowl. Stir to blend.
2. Add canned pumpkin and syrup. Stir to blend.
3. Form small (walnut-sized) balls by rolling in in your palms.
4. Place on plate or tray and chill for 30 minutes until more firm.
5. Enjoy!

Makes 12 balls

Nutrition Facts: (each ball)

Calories 40

Total Fat 2g

Total Carbohydrates 3.5g

Dietary Fiber 1g

Protein 3.5g