

# ASHLEY'S MEAL PREP MONDAY

## PROTEIN POWER BALLS

1 1/2 cups rolled oats  
1/2 cup protein powder  
1-2 TSP cinnamon  
1 TBSP chia seeds  
1/2 cup natural peanut butter  
3 TBSP raw honey  
1 TSP vanilla  
1/3 cup of whatever "add-ins" you want.  
I filled the 1/3 cup with golden raisins,  
dried cranberries and chocolate chips.  
Anywhere from 2-4 TBSP water  
(you could use almond milk too, I just ran out.)



## WITH CARTWRIGHT'S MARKET

ADD OATS, PROTEIN, CINNAMON AND CHIA SEEDS AND STIR TOGETHER IN A BOWL

ADD IN PEANUT BUTTER, HONEY AND VANILLA

ADD IN ALL OF THE 'EXTRAS'

SLOWLY ADD IN 1 TBSP AT A TIME OF WATER  
(or milk if that's what you prefer)

GET UP IN THERE WITH YOUR HANDS!

CREATE A STICKY BALL - if the mixture is too dry  
or crumbly, add in more liquid

ROLL INTO BALLS USING YOUR HANDS

I MASHED MINE INTO COOKIES FOR EASIER  
EATING PLEASURE. FEEL FREE TO KEEP THEM  
BALL SHAPED

SIT ON PARCHMENT PAPER ON A PLATE AND  
PLACE IN YOUR FRIDGE FOR AT LEAST 30  
MINUTES

ENJOY!!