

# Banana-Oat Protein Balls – Vegan – SOS

Prep Time: 10 minutes  
Total Time: 10 minutes

Yield: 12 balls  
Serving Size: 12  
Calories per serving: 47  
Fat per serving: 0.7 grams

*www.fitsugar.com, by Jenny Sugar*

## Ingredients

- 1 cup rolled oats
- 1 serving vegan vanilla protein powder
- 1 large banana

## Instructions

1. Pour rolled oats and protein powder into a food processor. Turn on for a minute until the oats are slightly chopped but not completely smooth.
2. Add the banana, and turn on until a coarse yet pliable dough forms.
3. Roll into 12 balls, and place in a reusable container.
4. Store leftovers in an airtight container in the fridge.

## Notes

Nutrition facts (per serving – 1 ball): Calories: 47, from fat: 6, total fat: 0.7g, cholesterol: 0mg, sodium: 23mg, total carbohydrate: 8g, fiber: 1.2g, sugar: 1.7g, protein: 2.7g.