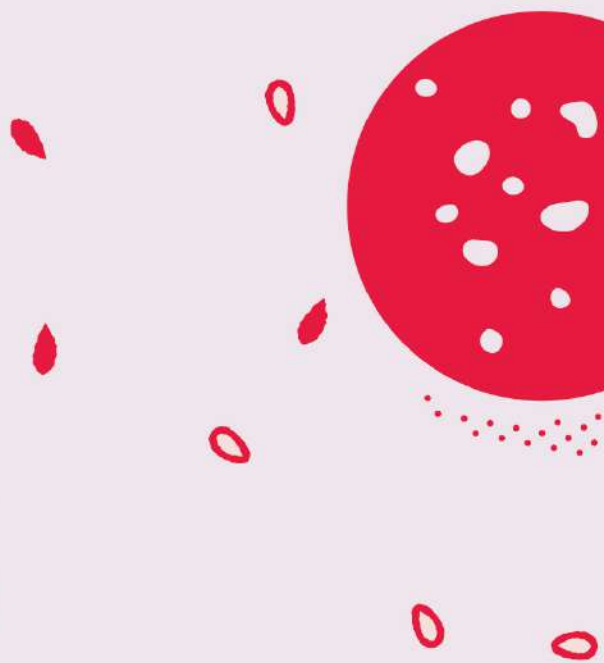
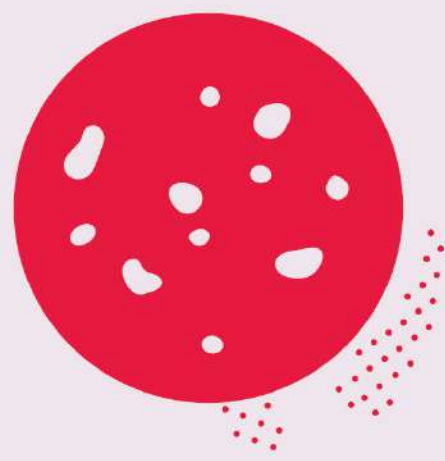
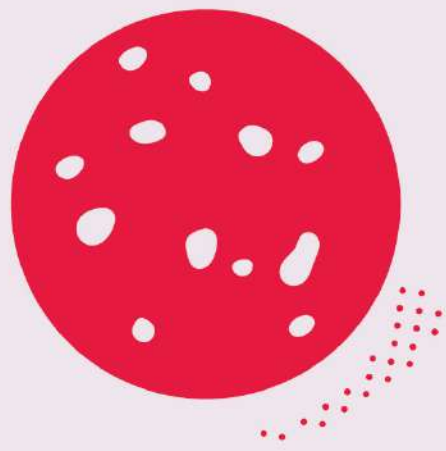




Edinburgh Napier  
UNIVERSITY

Alumni



# PROTEIN BALLS

ALUMNI RECIPES  
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# WOODY MORRIS'S PROTEIN BALLS



Makes 8-12 balls



10 minutes

## INGREDIENTS

- 4 scoop protein powder
- 2 tbsp nut butter
- 2 tbsp rice malt syrup
- Handful oats, walnuts, cacao nibs, ground flaxseed, sunflower & linseed\*
- Oat milk

## METHOD

- Mix the protein powder, nut butter, syrup and seeds in a bowl and bind with oat milk.
- Once combined, spoon out a small amount of mixture and start rolling!
- Use your hands to shape the mixture into small balls and your protein snacks are ready!
- Eat some on the go to regain energy between classes and keep the rest refrigerated.

### *\*PRO TIP:*

*You can get mixed seeds for cheap from Aldi*

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