

Maintenance Muscle Truffles

Here's a quick, easy & healthy recipe for both seasoned and novice cooks.
Phase 3 Recipe for Ideal Protein Protocol

Ingredients:

- 3 cups instant oats
- 1 cup natural peanut butter
- ½ cup honey

Directions:

1. In a large bowl combine oats, peanut butter, and honey.
2. Mix well.
3. You may also add other ingredients for some variety. Good combinations are walnuts and raisins; chocolate chips and walnuts; chia seeds and white chocolate chips. Whatever additional ingredient you add, ½ cup is usually plenty. You might also consider adding some liquid flavoring, such as Skinny Syrup, which adds no calories but great flavor to the mix.
4. Once you have everything combined, press the mixture into a parchment lined 9 x 13 pan.
5. Refrigerate until firm.
6. Lift out of pan and cut into pieces. You may also use a small cookie scoop for round cookies.