



# **PROTEIN BITE RECIPE GUIDE**

**USE THESE RECIPES TO MAKE PROTEIN  
BITES AT HOME!**

\*Remember to use NSF for Sport Certified Protein Powder for these recipes.

If you have questions, contact your team dietitian!

Share your creations with us by tagging @TigerNutrition

# POWER PEANUT BUTTER BITES

## INGREDIENTS:

- 2 cups quick oats
- 4 scoops NSF certified Vanilla protein powder
- 3/4 cup peanut butter
- 1/2 cup honey
- 1/2 cup mini chocolate chips

## RECIPE INFO:

Scoop bites using 1tbsp, roll into bites,  
Recipe makes approx. 40 bites

# HOT COCOA BITES

## INGREDIENTS:

- 2 cup quick oats
- 4 scoops NSF Certified Chocolate Protein Powder
- 2 Tbsp Hot Cocoa Mix
- 1/2 cup Almond Butter
- 1/4 cup Nutella
- 1/2 cup Honey
- 1/3 cup Marshmallow Bits

## RECIPE INFO:

Scoop bites using 1tbsp, roll into bites,  
Recipe makes approx. 40 bites

# SWEET AND SALTY BITES

## INGREDIENTS:

- 2 cup quick oats
- 4 scoops NSF certified Vanilla protein powder
- 1 individual bag pretzels, crushed (~1/2 cup)
- 1/4 cup chopped salted almonds
- 3/4 cup almond butter
- 1/2 cup honey
- 1 tsp vanilla extract

## RECIPE INFO:

Scoop bites using 1tbsp, roll into bites,  
Recipe makes approx. 45 bites

# REESE'S CUP BITES

## INGREDIENTS:

- 2 cup quick oats
- 4 scoops NSF certified chocolate protein powder
- 2 tbsp. cocoa powder
- 1/2 cup peanut butter
- 1/4 cup Nutella
- 1/2 cup honey
- 1/3 cup mini chocolate chips
- 1/3 cup peanut butter or butterscotch chips

## RECIPE INFO:

Scoop bites using 1tbsp, roll into bites,  
Recipe makes approx. 40 bites

# MONSTER COOKIE BITES

## INGREDIENTS:

- 2 cup quick oats
- 4 scoops NSF certified Vanilla protein powder
- 3/4 cup peanut butter
- 1/2 cup honey
- 3/4 cup mini M&M's
- 1/4 cup mini chocolate chips

## RECIPE INFO:

Scoop bites using 1tbsp, roll into bites,  
Recipe makes approx. 45 bites

# SNICKERDOODLE BITES

## INGREDIENTS:

- 2 cup quick oats
- 4 scoops NSF certified Vanilla protein powder
- 1 Tbsp cinnamon
- 3/4 cup almond butter
- 1/2 cup honey
- 1/2 tsp vanilla extract

## RECIPE INFO:

Scoop bites using 1tbsp, roll into bites,  
Recipe makes approx. 40 bites

# PEANUT BUTTER COOKIE BITES

## INGREDIENTS:

- 2 cup quick oats
- 4 scoops NSF certified vanilla protein powder
- 3/4 cup peanut butter
- 1/2 cup honey
- 1 tsp vanilla extract
- 1/2 cup roasted peanuts, chopped

## RECIPE INFO:

Scoop bites using 1tbsp, roll into bites,  
Recipe makes approx. 40 bites

# NUTELLA BITES

## INGREDIENTS:

- 2 cups quick oats
- 4 scoops NSF certified chocolate protein powder
- 3/4 cup Nutella
- 1/2 cup almond butter

## RECIPE INFO:

Scoop bites using 1tbsp, roll into bites,  
Recipe makes approx. 40 bites

# SUGAR COOKIE BITES

## INGREDIENTS:

- 2 cup quick oats
- 4 scoops NSF certified Vanilla protein powder
- 1 cup cashew butter
- 1/2 cup honey
- 1 Tbsp vanilla extract
- 3 Tbsp vanilla soy milk (more as needed)
- 4 Tbsp holiday themed sprinkles
- 1/2 cup white chocolate chips

## RECIPE INFO:

Scoop bites using 1tbsp, roll into bites,  
Recipe makes approx. 50 bites

# FUNFETTI BITES

## INGREDIENTS:

- 2 cup quick oats
- 4 scoops NSF certified Vanilla protein powder
- 1 cup cashew butter
- 1/2 cup honey
- 1 Tbsp vanilla extract
- 3 Tbsp vanilla soy milk (more as needed)
- 4 Tbsp rainbow sprinkles
- 1/2 cup white chocolate chips

## RECIPE INFO:

Scoop bites using 1tbsp, roll into bites,  
Recipe makes approx. 50 bites

# WHITE CHOCOLATE CRANBERRY BITES

## INGREDIENTS:

- 2 cup quick oats
- 4 scoops NSF certified Vanilla protein powder
- 1 cup cashew butter
- 1/2 cup honey
- 1 Tbsp vanilla extract
- 3 Tbsp vanilla soy milk (more as needed)
- 2/3 cup dried cranberries
- 1/2 cup white chocolate chips

## RECIPE INFO:

Scoop bites using 1tbsp, roll into bites,  
Recipe makes approx. 50 bites

# CHOCOLATE COVERED PRETZEL BITES

## INGREDIENTS:

- 2 cups quick oats
- 4 scoops NSF certified chocolate protein powder
- 2 Tbsp cocoa powder
- 2 individual bags of pretzels, crushed (~1 cup)
- 1 cup Nutella
- 1/2 cup peanut butter
- 1/3 cup honey
- 4 Tbsp chocolate soy milk

## RECIPE INFO:

Scoop bites using 1tbsp, roll into bites,  
Recipe makes approx. 50 bites

# CINNAMON APPLE BITES

## INGREDIENTS:

- 4 cup quick oats
- 6 scoops NSF certified plain protein powder
- 1 Tbsp cinnamon
- 3/4 cup almond butter
- 1/4 cup honey
- 2 individual cups of applesauce (*~roughly 1 cup*)
- Roll balls in 1 individual dry, cinnamon apple oatmeal cup

## RECIPE INFO:

Mix all ingredients EXCEPT cinnamon apple oatmeal cup,  
Scoop bites using 1tbsp, roll into bites and coat in cinnamon apple oats,  
Recipe makes approx. 45 bites

# SNOWBALL BITES

## INGREDIENTS:

- 2 cup rolled oats
- 4 scoops NSF certified vanilla protein powder
- 3/4 cup cashew butter
- 1/2 cup honey
- 1/2 cup unsweetened coconut flakes

## RECIPE INFO:

Mix all ingredients EXCEPT coconut flakes,  
Scoop bites using 1tbsp, roll into bites and coat in coconut flakes,  
Recipe makes approx. 40 bites