

PROTEIN CAKE BATTER BITES



INGREDIENTS:

For the bites:

- 2 scoops Birthday Bliss Glam Pro
- 1 tbsp coconut flour
- 1 tbsp oat flour
- 1 tbsp granulated sweetener (stevia or monkfruit)
- 2 tsp ghee
- 2 tbsp sugar free syrup
- 1 tsp rainbow sprinkles
- Optional: cake pop sticks

For the Coating:

- 1/4 scoop Birthday Bliss Glam Pro
- 1.5 tbsp warm water
- 1 tbsp granulated sweetener
- 1/2 tsp coconut oil (melted)

DIRECTIONS:

1. Mix together protein powder, flours, and sweetener in a small bowl (Recommend using a rubber spatula)
2. Add ghee and syrup and mix well until a dough is formed
3. Add in sprinkles and mix. Divide dough into 4 parts and roll each into a ball (about 1 inch / 22 - 25g)
4. Put the bites on parchment paper and freeze for 5 minutes
5. Remove from the freezer and make the coating
6. Mix the protein powder, sweetener, and water first until well combined
7. Add in the melted coconut oil (must be melted!) and mix well
8. Optional: Insert Cake Pop stick into each dough bite
9. Immediately coat each bite in the coating and put back on parchment paper
10. Sprinkle with additional sprinkles (1 tsp) before it starts to harden
11. Return the bites to the freezer for about 5 minutes
Remove and enjoy!

Makes 4 | 1 Batter Bite =

Calories: 95 | Protein: 8 g | Carb: 6 g | Fat: 4 g | Fiber: 1.5 g