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Arbonne protein bar recipe

Arbonne protein bars. Arbonne protein recipes.

If you have a strong craving for sweets, sticking to a healthy living program can be tough. To satisfy your sweet tooth without "cheating," try making Arbonne protein balls and storing them in the fridge. These treats are not only delicious but also follow the program's guidelines (no peanut butter, dairy, or soy). *This post may contain affiliate links.* I'm not a medical professional, so please consult with your doctor before making any decisions about your health. To make these protein balls, you'll need to add some sweetness. After experimenting with minimal sweeteners, I found that using honey or dates is necessary for achieving the right consistency and taste. Let's look at each recipe: For this first recipe, we'll be using raw honey, which is a natural and beneficial sweetener. Raw honey is good for digestion and has many vitamins and minerals. You can also substitute it with maple syrup, but keep in mind that it's runnier, so you may need to use less. When choosing your honey, make sure to get it from a trusted local source that sells raw, organic honey. Avoid pasteurized honey or "honey-like products" as they don't offer the same benefits. *Note: Children under 1 should not eat honey.* The second recipe uses dates, which are incredibly sweet on their own and packed with vitamins, minerals, and fiber. Dates are a great substitute for other types of sweeteners because they're less likely to cause blood-sugar spikes. To make the date paste, simply process the dates in a food processor and add water until you achieve a smooth, sticky paste. This will be used in the superfood antioxidant protein ball recipe below! RELATED POST: Read These Books About Nutrition to Learn What's Healthy and What's Not! GEM Daily Essentials Vitamins Review Learn about Arbonne's Protein Powder that you can use for these protein balls recipes! A crucial balance is required when it comes to protein and healthy fats - too much of either can be detrimental. Moderation is key. The good news is that Arbonne Protein Balls have a higher calorie-density, plenty of fiber, and will keep you fuller for longer, reducing the likelihood of overeating. To prepare these protein-rich bites, combine dry ingredients (oats, Arbonne protein powder, ground almonds, cocoa powder, salt) in one bowl and wet ingredients (almond butter, honey, water, vanilla extract, coconut oil) in another. Mix the two together, using your hands if necessary to achieve the right consistency. If the mix is too dry, add a little more water; if it's too wet, add some ground almonds. Once you're satisfied with the texture, shape into 1-inch balls and refrigerate until slightly firm. Store in the fridge for up to 5 days. To create these protein-packed treats, combine 3/4 cup of gluten-free oats, 1/2 cup of almond butter, 1 scoop of vanilla protein powder, 1/4 cup of raw honey, 1 tablespoon of water, and 1 teaspoon of vanilla extract. Mix the wet ingredients separately: almond butter, honey, water, and vanilla extract. Combine the two mixtures, adding more water if needed to achieve a smooth consistency. Shape into 1-inch balls, refrigerate for a few minutes, and then store in an airtight container. Each serving contains approximately 10-12 protein-rich balls that can be stored in the fridge for up to 5 days. Whip up Arbonne protein powder, cocoa powder, and a pinch of salt with a scoop of each. Add your favorite mix-ins like sunflower seeds, coconut flakes, or dark chocolate. Blend until combined. Next, add dates to the food processor (no cleaning needed!) and pulse until they start breaking down. Gradually add water, about 1/2 tsp at a time, along with vanilla extract. Stop when you reach a thick paste consistency. Combine wet and dry ingredients by hand or in a food processor. Form into 1-inch balls, chill slightly, then store in the fridge for up to 5 days. **Explore More Arbonne Products:** * Fizz Sticks * Mind Health * Skin Elixir * Detox Tea * Digestion Plus * 7-Day Body Cleanse * Greens Balance **Remember:** Results may vary based on individual factors.