

No-Bake Shakeology Balls

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Shakeology-No-Bake-Balls-Recipe-With-Tony-Horton

Photo by Beach Body

This recipe is as easy as mixing a few ingredients together, rolling into bite-sized balls, and sticking them into the refrigerator!

P90X/P90X2 Portions

$\frac{1}{2}$ Fat

$\frac{1}{2}$ Protein

P90X3 Portions

2 Fat

$\frac{1}{2}$ Protein

Body Beast Portions

1 Protein

2 Fat

Container Equivalents

$\frac{1}{2}$ Yellow

½ Blue □

2 tsp. □

2B Mindset Plate It!

Enjoy as an occasional treat. Be sure to track it.

INGREDIENTS

- 1/2 cup finely chopped raw mixed nuts
- 1/2 cup Chocolate Vegan Shakeology
- 1/2 cup organic old-fashioned rolled oats
- 1/2 cup all-natural creamy almond butter
- 3 Tbsp. raw honey

INSTRUCTIONS

1. Combine nuts, Shakeology, and oats in a medium bowl; mix well.
2. Add almond butter and honey; mix well with a rubber spatula or clean hands.
3. Roll in balls about the size of a ping pong ball.

ENJOY!