

Lemon Poppy Seed Energy Bites

Ingredients

- 3 scoops **vanilla protein powder** (PlantFusion)
- 1/2 cup **old-fashioned oats** (gluten-free, if necessary)
- 1 tablespoon **poppy seeds**
- 1/2 tablespoon **Truvia® natural sweetener**
- 1 teaspoon **grated lemon zest** (freshly, about one medium)
- 6 tablespoons **lemon juice** (freshly squeezed, about two medium)
- 6 tablespoons **water**

PREPARATION

1. In a large bowl, combined the protein powder, oats, poppy seeds, Truvia, and lemon zest. Add in the lemon juice and water, stirring until fully incorporated. Shape the mixture into 28 small spheres, and place into a Tupperware container. Seal and store in the refrigerator until ready to eat.

Notes: This recipe was specifically designed for plant-based protein powders. Most protein powders behave differently, especially when it comes to absorbing moisture. If you substitute a different plant-based protein powder, you may need to add more protein powder if the dough is too wet OR more water (or milk) if the dough is too dry. Do not substitute whey-based protein powder; the bites will not set. For more questions regarding protein powder, see my [Protein Powder FAQ Page](#).

Instant oats (gluten-free, if necessary) may be substituted for the old-fashioned oats. Instant oats are also called "quick-cooking" or "one-minute" oats. Do not substitute steel-cut oats.

Any granulated sweetener may be used instead of Truvia. If using liquid sweetener, add it along with the lemon juice and water instead, and you may need to decrease the water by a similar amount.

For a more prominent lemon taste, add the zest from the second lemon as well.

From [Amy's Healthy Baking](#)

ENJOY 😊