A picture containing handwriting, calligraphy, font, darkness

Description automatically generated

Moyra Gorski’s Recipe

Protein Peanut Butter Balls

1c peanut butter (Trader Joe’s is the best )

1c protein powder : vanilla or

Chocolate : life shake from Shaklee

1/2 c honey

Mix all together and shake into small balls!

Great for quick and easy healthy snacks.