

MUSCLE GAIN PROTEIN SNACKS

**1 HEAPING CUP OF CHOCOLATE MUSCLE GAIN POWDER
14-16 OZ OF PEANUT BUTTER or ALMOND BUTTER
2/3-3/4 CUP OF HONEY**

Mix these 3 ingredients together.

ADD:

**1 CUP OF OATMEAL
1 CUP OF CHOPPED ALMONDS
1 CUP OF CHOPPED WALNUTS
½ CUP OF FLAXSEED,(I USED ORGANIC SPROUTED GOLDEN
FLAX FROM COSTCO) OPTIONAL**

Roll into balls placed in container on waxed paper. Layer with waxed paper. Keep refrigerated.

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