



*design your own*  
**PROTEIN POWER  
BARS OR BALLS**

**Ingredients****YIELD: 8-10 balls or 1 9x5 loaf pan for bars**

Nuts or seeds, whole, shelled - 1 cup  
OR ¾ cup of seed or nut butter  
Salt - pinch  
Dates, dried, pitted - 1 cup  
OR 1 cup of dried fruit of choice or ¼  
cup of liquid sweetener (agave, maple, or honey)  
Chia seeds - 2 Tbsp  
OR 2 tbsp of hemp hearts or ground  
flax seed meal

Oats, rolled - ½ cup  
Vanilla extract - ½ tsp  
Spices - as desired, roughly ¼ tsp - 1 tsp each  
Other add-ins - citrus zest, cocoa  
powder, matcha powder - as desired  
Water - as needed, roughly  
1-2 tbsp

**Directions**

1. Place nuts/seeds, salt, and dried fruit into a food processor and pulse until combined. You may need to pause the food processor and use a rubber spatula to clean the sides of the food processor bowl.
2. Add chia seeds, oats, vanilla extract, spices (as desired), and add-ins (as desired), and pulse until combined.
3. Add in water to adjust the consistency of the mixture so that if you take a small amount of the mixture, it can be formed into a shape like wet sand. Taste and adjust as necessary.
4. Portion using a scoop or press evenly into a loaf pan lined with parchment paper.
5. For power bars, chill the loaf pan for at least 2 hours. Remove from pan and slice into consistent bars. For power balls, once they are portioned into balls, refrigerate them until ready to eat

**Example of Protein Bar/Ball Combinations**

There are many options for making power bars/balls with varying flavors. The key is to consider the balance between the base (nuts/nut butter), binders (dried fruit, oats, chia seeds), and sweetener (dried fruit or liquid sweetener) to adjust the flavors without altering the consistency.

**Spiced Oatmeal**

Walnuts - 1 cup  
Dates, pitted - 1 cup  
Salt - pinch  
Chia seeds - 2 Tbsp  
Oats, rolled - ½ cup  
Vanilla extract - ½ tsp  
Nutmeg, ground - pinch  
Cinnamon - ½ tsp  
Water - 2 Tbsp

**Lemon Ginger**

Pumpkin seeds - 1 cup  
Crystalized Ginger - 1 cup  
Salt - pinch  
Chia seeds - 2 Tbsp  
Oats, rolled - ½ cup  
Vanilla extract - ½ tsp  
Lemon zest - from 1-2 lemons  
Water - 2 Tbsp

**Chocolate Peanut Butter**

Peanut Butter, all-natural - ¾ cup  
Maple Syrup - 1 Tbsp, or more to taste  
Salt - pinch  
Chia seeds - 2 Tbsp  
Oats, rolled - ½ cup  
Vanilla extract - ½ tsp  
Cocoa Powder - 2 Tbsp  
Water - 2 Tbsp



## MEET PAMELA SHARPE, FNP NURSE PRACTITIONER & TRAINED CHEF

### INTEGRATIVE MEDICINE PROVIDER



ANCC Board-Certified Family Nurse Practitioner



Trained chef



Specializes in integrative & lifestyle medicine at the Osher Center for Integrative Health at the University of Cincinnati



Her philosophy is that it is never too late to change and even the smallest lifestyle changes can lead to lasting results



### LIFESTYLE MEDICINE CONSULTATIONS WITH PAMELA

Lifestyle medicine gives you a personalized, evidence-based self-care treatment plan to take charge of your health to live your life to the fullest. This includes dietary & physical activity recommendations, stress relief techniques, and integrative therapies such as acupuncture and massage therapy.



### SCHEDULE A LIFESTYLE MEDICINE CONSULTATION

Phone: 513-475-9567 | Monday - Thursday at the UC Gardner Neuroscience Institute  
Tuesday mornings at the Barrett Cancer Center | Fridays at UC Health West Chester

