

Peanut Butter Chocolate Chip Bites



These bites taste like cookie dough but are packed full of protein and energy, perfect for a post-workout or after school snack.

YIELD 18 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 20 MIN
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INGREDIENTS

1 cup	Quick or Instant Oats
$\frac{2}{3}$ cup	Peanut Butter, unsweetened/unsalted
$\frac{1}{4}$ cup	Mini Chocolate Chips, semisweet
3 Tbsp	Honey
2 Tbsp	Water
$\frac{1}{2}$ tsp	Vanilla Extract

CHEF'S NOTES

These bites are a customizable, quick and easy snack that are great to have on hand when hunger strikes! You can add dried fruit, nuts, seeds, white chocolate chips, or mini chocolate candies to mix up the fillings. You could also add protein powder for an extra protein boost!

Bites will keep in the refrigerator for up to one week and you can store them in the freezer for up to a month.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a medium mixing bowl, add all ingredients and use a rubber spatula to mix until well blended.
3. Use a tablespoon measuring spoon to scoop the mixture, then roll each into a ball and place on a plate or sheet tray. You should make about 18 bites.
4. Refrigerate for about 10 minutes or until ready to serve.

Nutrition Facts

18 servings per container

Serving size 1 ball (24g)

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 10g 4%

Dietary Fiber 2g 7%

Total Sugars 5g

Includes 5g Added Sugars 10%

Protein 3g 6%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.6mg 4%

Potassium 80mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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