

# Sunflower 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.*

<b>YIELD</b> <b>18 SERVINGS</b>	<b>PREP TIME</b> <b>10 MIN</b>	<b>TOTAL TIME</b> <b>20 MIN</b>
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## INGREDIENTS

1 cup	Quick or Instant Oats
$\frac{2}{3}$ cup	Sunflower Butter
$\frac{1}{4}$ cup	Mini Chocolate Chips, semisweet
$\frac{1}{4}$ cup	Honey
$\frac{1}{2}$ 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 scoop or 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 bite (24g)

**Amount Per Serving**

**Calories** 110

**% Daily Value\***

**Total Fat** 6g 8%

Saturated Fat 1g 5%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 40mg 2%

**Total Carbohydrate** 11g 4%

Dietary Fiber 1g 4%

Total Sugars 7g

Includes 7g Added Sugars 14%

**Protein** 3g 6%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.9mg 4%

Potassium 70mg 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.

CONTAINS: MILK, SOY



[goldringcenter.tulane.edu](http://goldringcenter.tulane.edu)



@culinarymedicine



Goldring Center for Culinary Medicine

