

# 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.*

<b>YIELD</b> <b>12 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
2/3 cup	Peanut Butter
3 Tbsp	Honey
½ tsp	Vanilla Extract
2 Tbsp	Water
¼ cup	Mini Chocolate Chips, semisweet

## 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 24 bites.
4. Refrigerate for about 10 minutes or until ready to serve.

# Nutrition Facts

12 servings per container

**Serving Size** 2 balls (36 g)

Amount per serving

**Calories** 160

% Daily Value \*

**Total Fat 10g** 12%

Saturated Fat 2.5g 13%

*Trans* Fat 0g

**Cholesterol 0mg** 0%

**Sodium 25mg** 0%

**Total Carbohydrate 16g** 6%

Dietary Fiber 2g 8%

Total Sugars 8g

Includes 0g Added Sugars 0%

**Protein 5g** 9%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.36mg 2%

Potassium 100mg 3%

\*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.

