

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.

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| YIELD 12 SERVINGS | PREP TIME 10 MIN | TOTAL TIME 20 MIN |
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INGREDIENTS

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|---------|---------------------------------|
| 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 (36g)

Amount Per Serving

Calories 160

% Daily Value*

Total Fat 9g 12%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 80mg 3%

Total Carbohydrate 16g 6%

Dietary Fiber 2g 7%

Total Sugars 9g

Includes 8g Added Sugars 16%

Protein 5g 10%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.7mg 4%

Potassium 110mg 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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