

# Peanut Butter Chocolate Chip Protein 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
$\frac{2}{3}$ cup	Peanut Butter, natural
$\frac{1}{4}$ cup	Honey
2 scoops	Protein Powder, vanilla
$\frac{1}{2}$ tsp	Vanilla Extract
2 Tbsp	Water
$\frac{1}{4}$ cup	Mini Chocolate Chips, semisweet

## CHEF'S NOTES

These protein 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.

For protein powder, we use a plant-based option that features pea protein, but you can also use whey-based powders. These would be delicious with chocolate protein powder, too!

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. Refrigerate for about 10 minutes or until ready to serve.

# Nutrition Facts

12 servings per container

**Serving size** 2 balls (43g)

**Amount Per Serving**

**Calories** 180

**% Daily Value\***

**Total Fat** 10g 13%

Saturated Fat 2.5g 13%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 125mg 5%

**Total Carbohydrate** 19g 7%

Dietary Fiber 2g 7%

Total Sugars 9g

Includes 8g Added Sugars 16%

**Protein** 8g 16%

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 1.7mg 10%

Potassium 120mg 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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