

WHY ACT NOW

PEANUT ENERGY BITE



Ingredients

- 1/2 cup large flake oats
- 1/4 cup peanut butter
- 1/4 cup chocolate chips
- 1/3 cup shredded coconut
- 1/4 cup honey
- 1/2 teaspoons vanilla extract

Directions

Combine all ingredients in bowl. Roll into 4 large size balls. Refrigerate in airtight container until firm. *Makes 4 servings.*

| Nutrition Facts | |
|-------------------------------|-----------------------|
| Serving Size 1 | |
| Amount Per Serving | |
| Calories 322 | Calories from Fat 133 |
| % Daily Values* | |
| Total Fat 15g | 30% |
| Saturated Fat 6g | 30% |
| Trans Fat 0g | |
| Sodium 24mg | 1% |
| Total Carbohydrate 44g | 15% |
| Dietary Fiber 4g | 16% |
| Sugars 27g | |
| Protein 8g | 16% |

*Percent Daily Values are based on a 2,000 calorie diet.

These bites are a great on-the-go snack packed with protein! Easy to prepare, healthy, no bake bites that can be stored for up to 1 week in the refrigerator.