

PEANUT BUTTER BITES

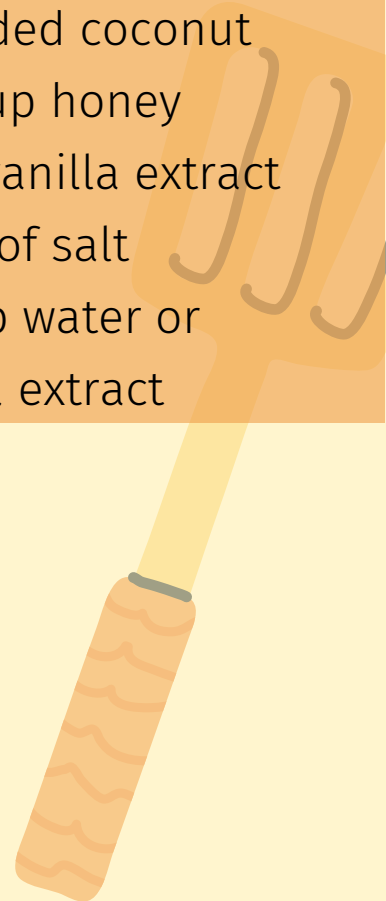


INGREDIENTS

- 1 cup peanut butter or nut free butter
- 1.5 cups rolled oats
- 1/2 cup unsweetened shredded coconut
- 1/4 cup honey
- 2 tsp vanilla extract
- pinch of salt
- 2-4 tsp water or vanilla extract

INSTRUCTIONS

1. In a bowl, mix together the PB, honey, and vanilla extract
2. Stir in the oats, coconut, and salt until well combined
3. If the mixture does not hold together, add additional water or vanilla extract
4. Form 1 inch balls and store at room temperature for up to 3 days or refrigerate for 1 week.



NUTRITION FACTS

Serving Size: 1

Number of Servings: 16

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|---------------------|----------|
| Calories | 151 |
| Total fat | 39.8 g |
| Saturated fat | 2.2 g |
| Cholesterol | 0 mg |
| Sodium | 0.9 mg |
| Total carbohydrates | 13.5 g |
| Dietary fiber | 2.5 g |
| Sugar | 5.7 g |
| Protein | 5.1 g |
| Calcium | 1.3% |
| Iron | 4.2% |
| Potassium | 353.6 mg |
| Vitamin A | 0% |
| Vitamin C | 0% |

