

LiveWell

No-bake peanut butter almond oatmeal snack bites

Yield: 24 servings



Ingredients:

- 1 cup old-fashioned rolled oats
- 1/2 cup flaked almonds
- 1/4 cup dried cranberries
- 3 Tablespoons ground flax seeds
- 1 Tablespoon chia seeds
- 3 Tablespoons maple syrup
- 1 1/2 teaspoons vanilla extract
- 2/3 cup creamy peanut butter

Directions:

1. Place oats and almonds in a non-stick frying pan. Toast over medium heat until golden brown, about 5-7 minutes. Let cool to room temperature.
2. Line a 9x13-inch baking pan with parchment or wax paper and set aside.
3. Combine toasted oat mixture, dried cranberries, ground flax seeds, and chia seeds in a medium bowl and stir to combine.
4. Add maple syrup and vanilla to oat mixture. Stir to combine.
5. Add peanut butter and mix well with your hands. Let the mixture sit for a few minutes to allow wet and dry ingredients to combine. If the mixture sticks to the spoon when you try to shape the snack bites, add a bit more oats. If the mixture is still too sticky, chill for 10-15 minutes in the refrigerator.
6. To shape the snack bites, roll one tablespoon of the mixture into a ball. Set bites on the prepared baking pan.
7. Cover and refrigerate for an hour before transferring to an airtight plastic bag or storage container. These can be stored for up to one week.

Nutrition information per serving:

Calories: 84

Fat: 5 grams

Saturated fat: 1 gram

Cholesterol: 0 mg

Sodium: 31 mg

Carbohydrates: 7 grams

Fiber: 1 gram

Protein: 3 grams

Calcium: 18 mg

Food exchanges:

1/2 carbohydrate

1 fat