

PB Chocolate Chip Oat Bites

Ingredients

1 cup Oats, old fashion
1/2 cup Chocolate chips
1/2 cup peanut butter or almond butter
1/3 cup honey
1/3 cup Flax seeds, ground
1 scoop Protein powder, vanilla (substitute PB2 if you'd like)

Method

- Gather all ingredients and equipment
- Add in dry ingredients and combine using a spatula
- Add all wet ingredients to dry mix; nut butter and honey
- Scoop 1/2 ounce portions and shape into a bite size ball
- If the mixture is a little too dry to hold the ball shape, add a little bit of water 1 tablespoon at a time to help hold together the mixture.
- Store in refrigerator

Nutrition Information

Serving size: 1 ball
Servings: 24
Calories: 100
Fat: 5grams
Sodium: 30 milligrams
Carbohydrates: 12 grams
Protein: 3 grams
Fiber: 2 grams