

Oat Snack Bites

Snacks during a busy day can be exactly what you need to get you to dinner. Let's be real; sometimes lunch just doesn't happen or meetings are back to back and you need quick fuel. Having nutrient-dense, easy snacks that can just pop in your mouth make all the difference in the world. These bites are made with quality ingredients, such as oats for the base, flaxseed for extra protein and Omega 3, peanut butter for healthy fats and protein, honey and vanilla for natural sweetness. One recipe makes 20, which is perfect for meal prep!

Ingredients:

1 cup	Oats (I like the old-fashioned oats)
½ cup	Peanut butter
½ cup	Ground flaxseed
1/3 cup	Honey
1 tbsp	Stevia
1 tsp	Vanilla extract
Optional	Chocolate chips, chia seed, unsweetened shredded coconut, nuts, cranberries, raisins

Directions:

1. In a large bowl, combine all ingredients. Make sure they are thoroughly mixed
2. Cover and place in fridge for 1 hour.
3. Roll into 20 balls (about 1-inch balls).
4. Place in a Tupperware container and place in fridge. These keep well for up to 7 days.
5. Grab, go, and eat when needed!

Servings: 20 bites
 Serving size: 1 bite (does not include optional add-ins)

Oat Snack Bites		
Nutrition Facts		
Serving Size: 1 Ball		
Amount Per Serving	% Daily Value*	
Calories	84 kcal	4 %
Total Fat	4.3 g	7 %
Saturated Fat	0.7 g	4 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	2.6 mg	0 %
Total Carbohydrate	9.9 g	3 %
Dietary Fiber	1.5 g	6 %
Sugars	5.4 g	
Protein	2.6 g	5 %
Vitamin A	0 % • Vitamin C	0 %
Calcium	1 % • Iron	3 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at cronometer.com		</>