

Peanut Butter Oat Bites

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2012 ND EFNEP/FNP Calendar

Ingredients:

- 2 Tbsp. unsalted butter
- 2/3 c. creamy peanut butter
- ¼ c. powdered sugar
- 3 Tbsp. honey
- 1 tsp. vanilla extract
- 1 ½ c. crispy rice cereal
- 1 c. quick oats
- ¼ c. raisins
- ¼ c. mini chocolate chips
- ½ c. honey roasted peanuts, finely chopped



Health Tip: Try sunflower seed butter as a substitute if peanut allergies are a concern. It provides the same amount of protein with more fiber and iron than peanut butter per serving.

NDSU EXTENSION
SERVICE

Directions:

1. Melt butter in a microwave-safe bowl for 30 seconds or less. In a large bowl, combine peanut butter, powdered sugar, honey, vanilla and melted butter. Stir in cereal and oats, and allow mixture to cool.
2. Stir in raisins and chocolate chips.
3. Measure portions with a 1-teaspoon measuring spoon and form into balls OR prepare the mixture in a greased 13- by 9- inch pan for bars.
4. Roll each ball in finely chopped peanuts, pressing to coat (or cover with peanuts if using pan). Store in refrigerator.

Makes 63 servings. Per serving: 50 calories, 2.5 grams (g) fat, 1 g protein, 5 g carbohydrate, and 20 mg sodium.

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