

# BEYOND HUNGER

## NO-BAKE PEANUT BUTTER BITES

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*With only five ingredients and a prep time of less than 10 minutes, these chewy peanut butter bites are the ultimate convenient snack option. There's no need to fire up the oven- just combine a few simple ingredients to make these tasty energy bites. Flax seeds are a "super ingredient" packed with incredible nutrients, like Omega-3 fatty acids, antioxidants, and fiber. They can be found in the dry goods area of most grocery stores. Keep in mind that these are a wonderful after-school snack option because kids can grab them quickly without making a mess!*

**Yield:** 12 servings (bites)

### Ingredients

- 2/3 cup **creamy peanut butter**
- ½ cup **semi-sweet chocolate chips**
- 1 cup **old fashioned oats**
- ½ cup **ground flax seeds**
- 2 tbsp **honey** (substitute maple syrup)

### Instructions

1. Add all 5 ingredients together in a medium size bowl. Stir to combine thoroughly.
2. Cover the bowl with plastic wrap or parchment paper and place in the refrigerator for 15-30 minutes.
3. Remove chilled mixture and use a spoon to portion out 12 equal scoops onto a plate. With clean hands, roll each scoop into a ball. Place them on a lined plate in the refrigerator to set for 5 minutes and serve.

**Per Serving:** Calories 200, Carbohydrates 16 g, Protein 6 g, Saturated Fat 3 g, Sodium 69 mg, Fiber 4 g, Sugars 7 g

### Chef's Notes:

These peanut butter bites can be stored in the refrigerator in an airtight container for up to a week. In the case of peanut allergy – substitute peanut butter for an alternative nut or seed butter.

This recipe is featured in the December 2021 issue of Beyond the Kitchen and was adapted from [chefsavvy.com](http://chefsavvy.com)

