



# No-Bake Peanut Butter Bites

Servings 10 | Prep time 30 mins. | Total time 30 mins.

## Equipment:

Can opener  
Medium bowl  
Mixing spoon

## Utensils:

Fork  
Tablespoon  
Measuring cups and spoons

## Ingredients

1 15.5 ounce can no salt added white beans (navy, Great Northern, cannellini, etc.), drained and rinsed  
1/4 cup honey  
1 tablespoon (regular or imitation) vanilla extract  
3/4 cup peanut butter OR nut butter  
1 1/2 cups quick-cooking OR rolled oats

## Nutritional Information:

Calories 230  
Total Fat 11g  
Sodium 55mg  
Total Carbs 27g  
Protein 8g

## Instructions

1. Before you begin, wash your hands, surfaces, tops of cans, and utensils.
2. In a medium bowl, mash the beans with a fork until smooth.
3. Stir in the honey, vanilla, and peanut butter.
4. Add oatmeal to the peanut butter mixture and stir well.
5. Use a tablespoon to scoop the peanut butter mixture. Roll the scoopful between your hands to shape the mixture into balls.
6. Chill in the refrigerator for 2 hours before serving.