



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

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.

Nutritional Information:

Calories 200 Total Fat 11g Sodium 55mg Total Carbs 27g Protein 8g