



# No-Bake Peanut Butter Bites

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

**Equipment:** Can opener, medium bowl, measuring cups, mixing spoon

**Utensils:** Fork, tablespoon

## Ingredients

1 15 ounce can no salt added Great Northern or cannellini beans, drained and rinsed

1/4 cup honey

1 tablespoon vanilla

3/4 cups peanut 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 230

Total Fat 11g

Sodium 55mg

Total Carbs 27g

Protein 8g