



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