



Peanut Butter Chocolate Bites

15 Servings • 1 Serving = 1 Bite

Recipe adapted from Annie Hambright, UTSA Dietetic Intern

INGREDIENTS

- 1 cup old fashioned oats, uncooked
- 1/3 cup toasted coconut flakes or unsweetened coconut flakes
- ½ cup natural peanut butter
- ½ cup ground flax seeds
- ¼ cup dark chocolate chips
- 2 Tablespoons honey or agave nectar
- 1 teaspoon vanilla extract
- Optional: 1 Tablespoon chia seeds

DIRECTIONS

1. Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and chill in the refrigerator for half an hour.
2. Once chilled, use your hands and a Tablespoon to form into balls. Each ball should be about 2 Tablespoons of the mixture.

Nutrition Facts

15 servings per container
Serving size 1 bite

Amount per serving
Calories 140

% Daily Value*

Total Fat 8g	10%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Total Sugars 4g	
includes 2g Added Sugars	4%
Protein 4g	

Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 1mg	6%
Potassium 52mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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