



# Oatmeal Cinnamon Protein Bites

24 Servings • 1 Serving = 1 Bite

## INGREDIENTS

- 1 cup quick oats
- 1/3 cup nonfat powder milk
- ½ cup sunflower butter
- ¼ cup honey
- 1 teaspoon vanilla
- ½ teaspoon cinnamon
- 1/3 cup puffed rice cereal
- Optional: 1/3 cup raisins or dark chocolate chips

## DIRECTIONS

1. In a large bowl, add all ingredients. Using your hands, mix well until combined.
2. Scoop out 1 heaping tablespoon of mixture and roll into bites. If the mixture is too sticky, add a little more oats. If it's too dry, add a little more sunflower butter.
3. Place bites on a platter lined with parchment paper and refrigerate for at least two hours. These can be stored in the refrigerator for up to seven days.

## Nutrition Facts

24 servings per container

**Serving size** 1 bite

Amount per serving

**Calories** 80

% Daily Value\*

**Total Fat** 4.5g 6%

**Saturated Fat** 1g 5%

**Trans Fat** 0g

**Cholesterol** 0mg 0%

**Sodium** 25mg 1%

**Total Carbohydrate** 9g 3%

**Dietary Fiber** 1g 4%

**Total Sugars** 5g

Includes 3g Added Sugars 6%

**Protein** 2g

**Vitamin D** 0mcg 0%

**Calcium** 17mg 2%

**Iron** 1mg 8%

**Potassium** 63mg 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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