

# No-Bake Peanut Butter & Chocolate Bites

Need a healthy snack for your summer road trip? This simple treat is much better for you than any processed snack that you get at a gas station.

Prep time	Servings	Serving size
10 min	24	2 bites

## Nutrition Facts

24 Servings

**Serving Size** 2 bites

**Amount per serving** **80**  
**Calories**

**Total Fat** 3.5g

Saturated Fat 0.7g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 20mg

**Total Carbohydrate** 9g

Dietary Fiber 1g

Total Sugars 4g

**Protein** 2g

**Potassium** 70mg

**Phosphorus** 55mg

**Choices/Exchanges:** 1/2 Carbohydrate, 1 Fat

## Ingredients

low calorie granulated sugar blend,  
such as Splenda sugar blend 1/3 cup

peanut butter 1/2 cup

old-fashioned rolled oats (not quick  
cooking) 2 cup

skim milk 1/3 cup

vanilla extract 1 tsp

mini-chocolate chips 3 tbsp

Shop Ingredients

## Directions

- 1 In a small saucepan, combine sugar blend and milk over medium heat. Stir well and bring to a boil for 1 1/2 minutes. Stir in peanut butter and vanilla.
- 2 Remove from heat and add oats. Stir until oats are evenly coated in the peanut mixture and everything has cooled. Fold in the chocolate chips.
- 3 Scoop oat mixture into 1 Tbsp. balls and place on waxed paper. Let cool and refrigerate.

