



# PB&J Bites



## Ingredients

- 1 cup oats
- 1/2 cup smooth peanut butter
- 1/3 cup raisins or craisins
- 1/4 cup honey, maple syrup or molasses

## Optional add-ins:

- 2 Tbsp protein powder
- 2 Tbsp chia seeds
- 1/4 cup chopped nuts

## Supplies & Equipment

- Small mixing bowl
- Spoon for mixing
- Measuring cups
- Small container for storing

## Directions

1. Combine all ingredients in a small mixing bowl.
2. Place the mixing bowl in the refrigerator for 5 minutes to chill.
3. Form the chilled mixture into 10 bite-sized balls.
4. Enjoy PB&J bites right away or store in the refrigerator until ready to eat.

*\*Make this recipe nut-free by substituting Sunbutter for peanut butter*