Snack, American

Chocolate Chip Peanut Butter Oat Bites

Creamy peanut butter and old-fashioned oats are bound with a warm milk mixture, then studded with mini-chocolate chips and chilled into bite-size treats.



Vegetarian

10 min	70	9 g	4 g
time	calories	carbs	sugars

Ingredients, 12 servings

- [ ] 1/3 cup sugar substitute
- [ ] 1/3 cup skim milk
- [ ] 1/2 cup peanut butter
- [ ] 1 tsp vanilla extract
- [ ] 2 cup old-fashioned rolled oats
- [ ] 3 tbsp mini-chocolate chips

Method

1. Stir the sugar substitute and skim milk together in a small saucepan set over medium heat.
2. Bring the mixture to a boil, stirring well, and keep it at a boil for 1 1/2 minutes.
3. Stir in the peanut butter and vanilla extract until smooth.
4. Take the pan off the heat and mix in the old-fashioned rolled oats until they are evenly coated, then let the mixture cool.
5. Fold in the mini-chocolate chips.
6. Scoop the mixture into 1 Tbsp balls, set them on waxed paper, and refrigerate until set.

Nutrition Facts

Per serving

Calories	**70**
Total fat	3.5 g
Saturated fat	1 g
Sodium	30 mg
Total carbs	9 g
Fiber	1 g
Total sugars	4 g
Protein	2 g

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