

No Bake Protein Bite



Ingredients

- 1 cup crunchy or smooth peanut butter
- 1-2 oz honey
- ¼ cup almonds
- ¼ cup peanuts
- ¼ cup chocolate chips
- 1/3 cup shredded coconut
- 1 cup rolled oats

Utensils

- Bowl
- Spoon/spatula
- Gloves



Recipe Instructions

Step 1: Dry Ingredients

In a bowl, put all ingredients together

Step 2: PB and Honey

Add Peanut butter and honey

Step 3: Mix

Mix all ingredients together using spoon, spatula or hands (wear gloves if multiple people eating)

Step 4: Flatten and Chill

Flatten and chill in refrigerator for 1-2 hours

Step 5: Form

Form into 1 inch balls

Step 6: Store or enjoy

Store in refrigerator or Eat cold and enjoy!



Scan this QR code with your phone for an instructional video on how to make this recipe.

Kitchen Safety Tips: Use gloves when multiple people are eating a no-bake item!

Oz- ounce

TBL- tablespoon

tsp- teaspoon