



Oatmeal Cinnamon Protein Bites

24 Servings • 1 Serving = 1 Bite

Tips on Oats



How To Store

Unopened dry oatmeal should be stored in a cool, clean & dry place.



How To Use

Use in baked goods, pancakes, & burgers or top with fruit.



Health Benefits

Lowers blood sugar, promotes healthy cholesterol levels & heart health.

INGREDIENTS

- 1 cup quick oats
- 1/3 cup nonfat powder milk
- 1/2 cup sunflower butter
- 1/4 cup honey
- 1 teaspoon vanilla
- 1/2 teaspoon cinnamon
- 1/3 cup puffed rice cereal
- 1/3 cup raisins or dark chocolate chip

DIRECTIONS

- In a large bowl, add all ingredients. Using your hands, mix well until combined.
- 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.
- Place bites on a baking sheet and refrigerate for at least 1 hour. These can be stored in the refrigerator for up to one week.

Nutrition Facts

24 servings per container	
Serving size	1 (17g)
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 4g Added Sugars	8%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 71mg	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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