



Peanut Butter Oatmeal Bites



- 1 cup creamy peanut butter
- 2/3 cup unsweetened applesauce or 2 large very ripe bananas (or half of each)
- 1/3 cup brown sugar
- 2 teaspoons vanilla
- 2 teaspoons cinnamon
- 2 cups quick oats
- 3/4 cup dried fruit (cranberries, raisins, apples, dates, etc., or a mixture)
- 1/2 cup chopped nuts, pepitas (pumpkin seeds), or sunflower seeds (or a mixture)
- 1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
- 2. Preheat the oven to 350 degrees F.
- **3.** Line two large baking sheets with parchment paper and set aside.
- 4. In a large bowl, mix the peanut butter, applesauce or bananas, brown sugar, vanilla, and cinnamon until smooth. Add the oats, dried fruit, and nuts, stirring until combined.

- 5. Drop the dough into equal sizes onto the baking sheets, about 2 tablespoons per cookie. Flatten the top with the back of a spoon.
- 6. Bake 12 to 16 minutes or until the edges are slightly brown and the dough is set, but soft.
- 7. Remove from oven and cool on the baking sheet for 10 minutes. Transfer to a cooling rack to finish cooling.
- 8. Store in an airtight container. Use within four days or freeze.

Makes 30 bites Serving size: 1 bite Cost per recipe: \$4.44 Cost per serving: \$0.15



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Supplemental Nutrition Assistance Program

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Nutrition facts per serving:

110 calories; 6g total fat; 1g saturated fat; Og trans fat; Omg cholesterol; 40mg sodium; 13g total carbohydrate; 2g dietary fiber; 7g total sugars; 2g added sugars; 3g protein; 0% Daily Value of vitamin D: 0% Daily Value of calcium: 6% Daily Value of iron: 2% Daily Value of potassium

Source:

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