

Power Bites

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 48 Serving Size: 1-1/2 ounce ball

Ingredients	Quantity	Measure
Peanut butter or other nut/seed butter	1	cup
Quick cooking oats, raw	2	cups
Non-dairy chocolate chips	6	ounces
Maple syrup, real	1	ounces
Applesauce, unsweetened	4	ounces
Pecans, ground, optional	3/4	cup

Preparation

1. Add all ingredients to a bowl and mix well using gloved hands.
2. Portion with a #40 scoop, or about 1 1/2 tablespoon
3. Store in a closed container. Refrigerate up to two weeks.

Notes

You can add any kind of nut or dried fruit to this recipe.

Nutrition Information

 per serving *From USDA Nutrient Database

Calories: 90 Total Fat: 6g Saturated Fat: 1.25g Monounsaturated Fat: 2g Polyunsaturated Fat: 1.3g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 11g Fiber: 1.5g Total Sugar: 3g Protein: 2.8g Sodium: 25mg
Vitamin A: 0µg Vitamin C: 0mg Calcium: 5mg Iron: 0.6mg Folate: 4µg

