

NO-BAKE OATMEAL BITES

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Prep time: 20 minutes

Servings: 12

Serving size: 1 piece
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If your Moblees love sweets like Sylvio Snake, then try out this marvelhiss recipe! It's naturally sweet—and nutritious too.



INGREDIENTS:

- 1/2 cup peanut (or soy) butter
- 1/4 cup honey
- 1 cup oatmeal
- 1/2 cup raisins or dried cranberries
- 1/2 cup shredded coconut

EQUIPMENT AND SUPPLIES:

- Bowl

Adult supervision required.

DIRECTIONS:

1. Microwave peanut butter and honey on medium heat for 30-40 seconds until it begins to get runny but is still thick.
2. Combine oatmeal, raisins and coconut. Pour peanut butter mix over and stir to combine well. Refrigerate for 15 minutes.
3. Roll into balls.

Nutrition Facts Serv. Size approximately 1 piece,
Amount Per Serving: **Calories** 134, **Total Fat** 7g, Saturated
Fat 3g, Trans Fat 0g, Sodium 60mg, Total Carbohydrate
15g, Dietary Fiber 2g, Sugars 7g, Protein 4g

