



No-Bake Chocolate Peanut Butter Bites

Plant-Based • Gluten-Free • Naturally Sweetened



Ingredients (Makes 12–14 bites):

- 1 cup rolled oats
- ½ cup natural peanut butter (or almond butter)
- ¼ cup maple syrup
- 2 tablespoons unsweetened cocoa powder
- 1 tablespoon chia seeds or ground flaxseed
- 1 teaspoon vanilla extract
- Pinch of sea salt
- Optional: mini dark chocolate chips, shredded coconut, or chopped dates



Instructions:

1. In a medium bowl, mix together all ingredients until fully combined.
2. Let the mixture chill in the refrigerator for 10–15 minutes.
3. Using a small cookie scoop or spoon, roll into bite-sized balls.
4. Store in an airtight container in the fridge for up to 1 week.



Nutritional Highlights (per bite):

- Calories: 110
- Protein: 4g
- Fiber: 2g

- Healthy Fats: From nut butter & chia
- Sweetened With: Maple syrup (no refined sugar)

