

4-Ingredient PB&J Bites

•Servings: 34 Bites •Total Time: 10 minutes •Recipe Source: The Real Food RD's Blog

Ingredients:

- 2 1/2 cups oats
- 2/3 cup peanut butter or almond butter
- 3 TBSP chia seeds
- 1/2 cup fruit preserves or homemade jam
- Oil for hands



Directions:

1. In a bowl combine and mix all of the ingredients except for the oil.
2. Oil hands to make working with the dough easier.
3. With oiled hands, roll into small round bites. A little smaller than a golf ball.
4. Store in an airtight container in the fridge.

Chef Notes: Try making your own chia seed jam! Just blend 1 cup frozen dark cherries (pitted and thawed), 1 cup frozen mango chunks (thawed), and 2 Tbsp. water into a blender or food processor until smooth. Pour into a bowl or jar and stir in 2 Tbsp. chia seeds. Place the mixture into the fridge for 30-60 minutes until thick and jam-like. Store jam in a covered container in the fridge for up to 1 week.

Nutrition Information per Bite: 90 calories, 4g total fat, 2g fiber, 3g protein, 11g carbohydrate, 50mg sodium