

Protein Bites Bento Box **Recipe**

Ingredients:

- 1 ½ cups rolled oats
- ½ teaspoon ground cinnamon
- ½ cup smooth peanut butter or other smooth nut butter
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- ½ cup powdered milk
- 2-4 tablespoons water or milk
- 1/3 cup raisins

Instructions:

1. In a large bowl, stir together oats and ground cinnamon.
2. Add peanut butter, honey, vanilla extract, and powdered milk. Stir well.
3. Then, add water or milk 1 tablespoon at a time. Stir with a spoon until all ingredients are well mixed, and the dough forms a small ball. It should hold together but should not be too wet. If the dough is dry, slowly add more liquid but not too much or it won't hold its shape.
4. Add raisins and mix.
5. Use a tablespoon to evenly measure. The amount for each ball. Roll into small balls and place on a cookie sheet.
6. Place in the fridge for at least 30 minutes to firm up.
7. Store in the fridge until ready to eat.

Yields: 20 bites

Prep Time: 10 minutes

Source: LSU AgCenter

Nutrition Facts	
20 bites servings per container	
Serving size	3 bites (42g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 11g	
Includes 4g Added Sugars	8%
Protein 7g	
Vitamin D 1mcg	6%
Calcium 98mg	8%
Iron 1mg	6%
Potassium 277mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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