

## No Bake Peanut butter Oatmeal Energy Bites makes 40

### Ingredients:

- 1 26 oz. Jar natural peanut butter– Smuckers!!! warm in microwave first on low until soft/runny if needed
- 3 TBS honey or maple syrup
- 7 TBS Pyure Stevia blend granulated (or 3/4 cups sugar)
- 4 cups rolled oats *See notes*
- 4 TBS butter softened or room temperature
- 2 TBS vanilla flavoring...I do use imitation and it tastes fine.
- 1 cup (or more) chocolate chips – *see notes*

### Instructions:

1. In a large mixing bowl mix all the ingredients together with a silicone spatula until the honey is fully incorporated, the oats are fully coated, and mixture turns into a thick dough. If the dough doesn't seem thick enough, add in 1 tbsp of oats and mix again. If it still doesn't seem pliable enough, add in a little more softened butter and mix. I use a stand mixer with dough hook.
2. Scoop dough and roll between the palms of your hands until it forms a smooth ball. About 1 ½ inches across, more or less.
3. Place energy bites onto plate or in food container and set in the fridge for about 30 minutes to one hour to firm up.
4. The cookies will not change except they will be firmer, making them easier to hold and eat. Store uneaten cookies in the fridge or freezer.

### **NOTES:**

- To use plain rolled oats, blend them in the blender just a bit to reduce their size if needed...Bob's Red Mill quick cooking rolled oats are already the correct size.*
- Peanut butter can be creamy or chunky. I use creamy.*
- If you want your chocolate chips to not melt into the rest of the ingredients, add them after the dough has cooled down for a while. The mini chocolate chips work well for that!*