

Peanut Butter & Jelly Bites

Ingredients

- 1/2 cup creamy salted peanut butter (or almond, cashew, or sunbutter)
- 1/4 cup maple syrup or honey
- 1 1/4 cup rolled oats
- 2 1/2 Tbsp flaxseed meal
- 2 Tbsp chia seeds
- 1/4 cup jelly and/or dried fruit (i.e. dried strawberries, cherries, blueberries, cranberries)

Nutrition Tip: Make a batch of these at the beginning of the week for a quick grab-n-go breakfast or snack.



Directions

1. To a large mixing bowl, add peanut butter, maple syrup, oats, flaxseed, chia seeds, and dried fruit. Mix until well combined. If too dry/crumbly, add more peanut butter or maple syrup. If too sticky or wet, add a little bit more oats or flaxseed meal.
2. Chill in the refrigerator for 5 minutes. Then scoop out 1 1/2 Tbsp amounts and roll into balls. Enjoy immediately and store well-sealed leftovers in the refrigerator for 1 week or in the freezer up to 1 month.

Recipe adapted from <https://minimalistbaker.com>

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