

No Bake Peanut Butter Cherry Trail Mix Bites

Contributor:

Source Bucke ny

Prep time	Total time	Meal type	Servings
10 minutes	50 minutes	Breakfast, Snack	6

Ingredients

- 1 cup rolled oats
- 1/4 cup maple syrup
- 1/4 cup ground flax
- 3 Tbs peanut butter
- hemp seeds
- 1/4 cup chia seeds
- 1 tsp vanilla extract
- 1/4 cup cherries, dried (cranberries)

Directions

Make

1. Stir all ingredients, except the dried cherries, in a medium bowl or pulse in a food processor on low. Transfer mixture to a small to medium bowl, adding cherries.
2. Cover and let the mixture sit in the refrigerator for 30-45 minutes to make the mixture easier to hold and handle.
3. Form into 1" balls. Store in an airtight container and keep refrigerated for up to a week.

Nutrition Facts

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Amount per serving

Calories **220**

	% Daily Value*
Total Fat 9g	**11%**
Saturated Fat 1g	**6%**
Trans Fat 0g	
Cholesterol N/A	**0%**
Sodium 34mg	**1%**
Total Carbohydrates 30g	**11%**
Dietary Fiber 6g	**22%**
Total Sugars 14g	
Protein 6g	
Vitamin D N/A	0%
Calcium 67mg	5%
Iron 1mg	8%
Potassium 156mg	3%

* The % Daily Value (DV) 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.

Notes

Disclaimer

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each 'NA' indicates a missing or incomplete value.
Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only