



Peanut Butter Energy Bites



KITK DASH MEAL KIT CONTENTS...

- 1) 2 cups dry oats
- 2) $\frac{3}{4}$ cup peanut butter
- 3) $\frac{1}{4}$ cup honey
- 4) 1 teaspoon cinnamon
- 5) $\frac{1}{2}$ cup raisins
- 6) $\frac{1}{2}$ cup mini chocolate chips
- 7) 1 sheet parchment paper

DIRECTIONS...

- 1) Combine all ingredients in a large bowl
- 2) Mix together with a spatula
- 3) Mix and press together for 4 or 5 minutes until well blended and sticking together
- 4) Line a baking sheet with the parchment paper
- 5) Roll in little balls and place on the lined baking sheet
- 6) Refrigerate for at least 1 hour
- 7) Will be more delicious after several hours

NO-
BAKE

Store in the refrigerator



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