Peanut-butter oat snack bites

Make University of Illinois Extension’s no-bake oatmeal, peanut-butter and chocolate-chip bites, then use the free batch and allergy checklist. The source lists four servings; FigureNook has not prepared or tested the recipe.

Ingredients and supplies

• 1 cup old-fashioned rolled oats

• 1/2 cup all-natural peanut butter

• 1/2 cup ground flaxseed

• 1/2 cup mini chocolate chips

• 1/3 cup honey

• 1 teaspoon vanilla extract

• Medium mixing bowl, spoon, baking sheet and airtight covered container

• Free batch and allergy checklist (PDF), if useful

1. Read the labels and prepare

Wash your hands and check each ingredient label for allergens relevant to your guests. This recipe contains peanut butter. Honey should not be given to children under one year old. Use oats intended to be eaten without further cooking.

2. Mix the Illinois Extension recipe

In a medium bowl, stir together the oats, peanut butter, ground flaxseed, mini chocolate chips, honey and vanilla until thoroughly mixed. The amounts are from University of Illinois Extension’s “No-Bake Energy Bites” in Meals in the Field Recipes, page 8.

3. Shape and chill

Form the mixture into balls with clean hands, arrange on a baking sheet and refrigerate for about one hour, following the source recipe. The source states four servings; it does not specify a number of balls.

4. Cover, refrigerate and record

Transfer to an airtight covered container and keep refrigerated. The source discusses freshness, but this guide does not establish a safe shelf life. Use the free checklist to record the date, ingredients and any label checks. Keep the bites cool when serving.

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Use this page to record your own batch. The source recipe lists four servings; it does not give a count of balls.

Batch date: _____

Check the amounts before mixing

Ingredient	Amount	Checked
Old-fashioned oats	1 cup	_____
All-natural peanut butter	1/2 cup	_____
Ground flaxseed	1/2 cup	_____
Mini chocolate chips	1/2 cup	_____
Honey	1/3 cup	_____
Vanilla extract	1 teaspoon	_____

Allergen labels checked / notes: _____

Chilling started: _____ Chilled for about one hour: _____

Container covered and refrigerated: _____

Honey is not for children younger than 12 months.

Recipe paraphrased and attributed to University of Illinois Extension. FigureNook did not prepare or test these bites. The illustration is an AI-generated concept, not a photograph of the recipe or a product.

Recipe source: University of Illinois Extension, Meals in the Field Recipes, page 8.

https://extension.illinois.edu/sites/default/files/meals_for_the_fields.pdf

CDC: Foods and Drinks to Avoid or Limit

https://www.cdc.gov/infant-toddler-nutrition/foods-and-drinks/foods-and-drinks-to-avoid-or-limit.html

Full guide: https://figurenook.com/guides/peanut-butter-oat-snack-bites/