

Let's Cook our Commodities!

Dry Milk No-Bake PB Bites

Ingredients

- 1 cup reduced fat smooth peanut butter
- 1 cup oats (traditional or quick)
- 1 cup non-fat dry milk powder
- ½ cup honey

Makes
16 servings

Prep Time
10 minutes

Good Source of
Calcium
Protein



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Nutrition Facts

16 servings per container
Serving size 2 bites/balls (44g)

Amount per serving
Calories 180

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 25g	9%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 9g Added Sugars	18%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 79mg	6%
Iron 1mg	6%
Potassium 264mg	6%

*The % Daily Value 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.

Directions

1. Combine all ingredients in a mixing bowl. If consistency is too dry and not quite rollable, add a little peanut butter to get the right texture.
2. Roll into tablespoon-sized balls.
3. Serve as is. Store in an airtight container or storage bag in the refrigerator.

Change it up! Add ½ cup of semi-sweet chocolate chips, or ½ cup of any dried fruit of your choice (cranberries, raisins, mango, etc.).

