

# EASY | RECIPE

## No-Bake Cinnamon Raisin Bliss Bites

### Ingredients:

1 cup rolled oats

½ cup peanut (or other nut) butter\*

2 tbsp ground flaxseeds

2 tbsp honey

½ tsp cinnamon

¼ cup raisins

\*Choose **nut butters** without added **sugar, salt** and **oil**.

### Method:

**Line** a baking sheet with parchment paper. **In** a large bowl, combine oats, peanut butter, flaxseeds, honey, cinnamon and raisins. **Stir** to combine until the oats are sticking together and mixture is uniform. **Scoop** a scant tablespoon of the oat mixture and roll it tightly into 10 bite-sized balls. **Repeat** until oat mixture is used up. **Place** bites on lined baking sheet and freeze for one hour. **Store** in a freezer-safe container and enjoy cold or at room temperature.



### Makes 10 servings. Per serving:

115 calories | 4g protein | 6g total fat | 1g saturated fat | 2g mono fat |  
2g poly fat | 12g carbohydrate | 6g sugar | 2g fiber | 50mg sodium