



# WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA



## NO-BAKE PEANUT BUTTER AND CHOCOLATE BITES

This tasty, healthy treat is fun for snacking or dessert.



### INGREDIENTS:

- 1/3 cup Domino® Light sugar and stevia blend
- 1/3 cup skim milk
- 1/2 cup peanut butter
- 1 tsp vanilla extract
- 2 cups old-fashioned rolled oats (not quick cooking)
- 3 Tbsp mini-chocolate chips

### DIRECTIONS

1. In a small saucepan, combine Domino Light and milk over medium heat. Stir well and bring to a boil for 1-1/2 minutes. Stir in peanut butter and vanilla.
2. Remove from heat and add remaining ingredients; stir to incorporate.
3. Scoop oat mixture into 1 Tbsp. balls and place on waxed paper. Let cool and refrigerate.

**Makes 24 servings.**

**Nutritional values per serving:**

75 calories  
4g total fat  
1g saturated fat  
9g carbohydrate  
2g protein  
65 mg sodium

Explore more at the [Chiefs Wellness Program homepage](#) -->