# VITAL CUISINE® Peanut Butter Chocolate Chip Protein Bites

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# VITAL CUISINE® Peanut Butter Chocolate Chip Protein Bites

## INGREDIENTS

**2 Servings**

2 Tbsp peanut butter, creamy or chunky

2 Tbsp **VITAL CUISINE® 500 Vanilla Shake** Item: 72504
or
**VITAL CUISINE® Vanilla Shake Mix** Item: 28289, prepared with whole milk

1/8 tsp vanilla

2 scoops Item: 13126
or
2 (8 g) packets Item: 15309 **VITAL CUISINE® PROPASS® Whey Protein Supplement**

1/3 cup quick oats

1½ tsp honey

1 Tbsp mini chocolate chips

## NUTRITION

**Serving Size:** 2 bites
**Calories**: 260
**Total Fat**: 12g
**Saturated Fat**: 3g
**Trans Fat**: 0g
**Cholesterol**: 20mg
**Sodium**: 120mg
**Total Carbs**: 26g
**Dietary Fiber**: 3g
**Total Sugars**: 12g
**Added Sugars**: 9g
**Protein**: 13g
**Vitamin D**: 0% DV
**Calcium**: 6% DV
**Iron**: 8% DV
**Potassium**: 2% DV

## DIRECTIONS

1. Combine peanut butter, **VITAL CUISINE® Shake,** vanilla**, PROPASS® Whey Protein** and honey in a mixing bowl. Mix until ingredients are well blended, scraping sides of bowl as necessary.
2. Add oats and chocolate chips; stir to combine ingredients.
3. Portion into 4 pieces, about 2 Tbsp each. Roll each piece into bite sized balls.
4. Keep covered until ready to eat.

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