Oatmeal
Peanut
Butter
Bumps
Perfect for
"snack-to-school"
munching.
Guiding Stars®
GuidingStars.com
Nutritious choices made simple®

Oatmeal
Peanut
Butter
Bumps
Perfect for
"snack-to-school"
munching.
Guiding Stars®
GuidingStars.com
Nutritious choices made simple®

Oatmeal
Peanut
Butter
Bumps
Perfect for
"snack-to-school"
munching.
Guiding Stars®
GuidingStars.com
Nutritious choices made simple®

Oatmeal
Peanut
Butter
Bumps
Perfect for
"snack-to-school"
munching.
Guiding Stars®
GuidingStars.com
Nutritious choices made simple®

Oatmeal Peanut Butter Bumps ☆☆

Servings: 12 (36 g) | Prep Time: 15 Minutes

☆ = Good; ☆☆ = Better; ☆☆☆ = Best

Ingredients

- 1 c. old-fashioned rolled oats
- ¼ c. ground flaxseed
- ¼ c. almonds, chopped
- 2 T. chia seeds
- 1/8 t. cinnamon
- 1/8 t. salt
- ¼ c. + 2 T. natural peanut butter
- ¼ c. date puree
- ¼ t. vanilla extract
- 2 T. mini chocolate chips
- ¼ c. ground peanuts

Directions

1. Thoroughly combine oats, almonds, flaxseed, chia seeds, salt and cinnamon.
2. Microwave peanut butter for 30 seconds. Stir in date puree and vanilla and allow it to cool slightly.
3. Combine with oat mixture and mix well. Fold in chocolate chips.
4. Roll into 1 inch balls, and then roll in ground peanuts. Enjoy at room temperature or cold.

Nutritional Analysis Per Serving: *Calories 165; Calories from Fat 85; Total Fat 9.5 g (14% Daily Value); Saturated Fat 1.5 g (8% DV); Trans Fat 0 g; Cholesterol 0 mg (0% DV); Sodium 25 mg (1% DV); Total Carbohydrate 17 g (6% DV); Dietary Fiber 4 g (16% DV); Sugars 4 g; Protein 6 g (0% DV); Vitamin A 0% DV; Vitamin C 0% DV; Calcium 4% DV; Iron 8% DV; Thiamin 15% DV; Manganese 50% DV.*

© 2014 Guiding Stars Licensing Company. All rights reserved.

Oatmeal Peanut Butter Bumps ☆☆

Servings: 12 (36 g) | Prep Time: 15 Minutes

☆ = Good; ☆☆ = Better; ☆☆☆ = Best

Ingredients

- 1 c. old-fashioned rolled oats
- ¼ c. ground flaxseed
- ¼ c. almonds, chopped
- 2 T. chia seeds
- 1/8 t. cinnamon
- 1/8 t. salt
- ¼ c. + 2 T. natural peanut butter
- ¼ c. date puree
- ¼ t. vanilla extract
- 2 T. mini chocolate chips
- ¼ c. ground peanuts

Directions

1. Thoroughly combine oats, almonds, flaxseed, chia seeds, salt and cinnamon.
2. Microwave peanut butter for 30 seconds. Stir in date puree and vanilla and allow it to cool slightly.
3. Combine with oat mixture and mix well. Fold in chocolate chips.
4. Roll into 1 inch balls, and then roll in ground peanuts. Enjoy at room temperature or cold.

Nutritional Analysis Per Serving: *Calories 165; Calories from Fat 85; Total Fat 9.5 g (14% Daily Value); Saturated Fat 1.5 g (8% DV); Trans Fat 0 g; Cholesterol 0 mg (0% DV); Sodium 25 mg (1% DV); Total Carbohydrate 17 g (6% DV); Dietary Fiber 4 g (16% DV); Sugars 4 g; Protein 6 g (0% DV); Vitamin A 0% DV; Vitamin C 0% DV; Calcium 4% DV; Iron 8% DV; Thiamin 15% DV; Manganese 50% DV.*

© 2014 Guiding Stars Licensing Company. All rights reserved.

Oatmeal Peanut Butter Bumps ☆☆

Servings: 12 (36 g) | Prep Time: 15 Minutes

☆ = Good; ☆☆ = Better; ☆☆☆ = Best

Ingredients

- 1 c. old-fashioned rolled oats
- ¼ c. ground flaxseed
- ¼ c. almonds, chopped
- 2 T. chia seeds
- 1/8 t. cinnamon
- 1/8 t. salt
- ¼ c. + 2 T. natural peanut butter
- ¼ c. date puree
- ¼ t. vanilla extract
- 2 T. mini chocolate chips
- ¼ c. ground peanuts

Directions

1. Thoroughly combine oats, almonds, flaxseed, chia seeds, salt and cinnamon.
2. Microwave peanut butter for 30 seconds. Stir in date puree and vanilla and allow it to cool slightly.
3. Combine with oat mixture and mix well. Fold in chocolate chips.
4. Roll into 1 inch balls, and then roll in ground peanuts. Enjoy at room temperature or cold.

Nutritional Analysis Per Serving: *Calories 165; Calories from Fat 85; Total Fat 9.5 g (14% Daily Value); Saturated Fat 1.5 g (8% DV); Trans Fat 0 g; Cholesterol 0 mg (0% DV); Sodium 25 mg (1% DV); Total Carbohydrate 17 g (6% DV); Dietary Fiber 4 g (16% DV); Sugars 4 g; Protein 6 g (0% DV); Vitamin A 0% DV; Vitamin C 0% DV; Calcium 4% DV; Iron 8% DV; Thiamin 15% DV; Manganese 50% DV.*

© 2014 Guiding Stars Licensing Company. All rights reserved.

Oatmeal Peanut Butter Bumps ☆☆

Servings: 12 (36 g) | Prep Time: 15 Minutes

☆ = Good; ☆☆ = Better; ☆☆☆ = Best

Ingredients

- 1 c. old-fashioned rolled oats
- ¼ c. ground flaxseed
- ¼ c. almonds, chopped
- 2 T. chia seeds
- 1/8 t. cinnamon
- 1/8 t. salt
- ¼ c. + 2 T. natural peanut butter
- ¼ c. date puree
- ¼ t. vanilla extract
- 2 T. mini chocolate chips
- ¼ c. ground peanuts

Directions

1. Thoroughly combine oats, almonds, flaxseed, chia seeds, salt and cinnamon.
2. Microwave peanut butter for 30 seconds. Stir in date puree and vanilla and allow it to cool slightly.
3. Combine with oat mixture and mix well. Fold in chocolate chips.
4. Roll into 1 inch balls, and then roll in ground peanuts. Enjoy at room temperature or cold.

Nutritional Analysis Per Serving: *Calories 165; Calories from Fat 85; Total Fat 9.5 g (14% Daily Value); Saturated Fat 1.5 g (8% DV); Trans Fat 0 g; Cholesterol 0 mg (0% DV); Sodium 25 mg (1% DV); Total Carbohydrate 17 g (6% DV); Dietary Fiber 4 g (16% DV); Sugars 4 g; Protein 6 g (0% DV); Vitamin A 0% DV; Vitamin C 0% DV; Calcium 4% DV; Iron 8% DV; Thiamin 15% DV; Manganese 50% DV.*

© 2014 Guiding Stars Licensing Company. All rights reserved.