Oatmeal Peanut Butter Bumps

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

Ingredients

- 1 c. old-fashioned rolled oats
- ¼ c. ground flaxseed
- ¼ c. almonds, chopped
- 2 T. chia seeds
- ⅛ t. cinnamon
- ⅛ 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.*

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August

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October

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September

TIP: Soak dates in warm water for an hour before pureeing–it will be easier on your blender and give you a less crumbly result.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 Whole Grains Month	2	3	4	5
6	7 Labor Day	8	9	10	11	12
13 National Grandparents Day Rosh Hashanah Begins	14	15	16	17	18	19
20	21	22 Yom Kippur Begins	23 First Day of Autumn	24	25	26
27	28	29	30	1	2	3