

Daily Dining Dilemmas



TIPS FOR MINDFUL EATING IN THE MIDST OF
TODAY'S CHAOS

"No Bake Monster Cookie Granola Bar Bites"

Ingredients

1 1/4 cups old fashioned oats
1/2 cup creamy peanut butter
1/4 cup honey

1/3 cup mini M&Ms
1/3 cup mini chocolate chips

Instructions

Dump all your ingredients into a medium bowl. Stir well for a few minutes until everything is combined and oats and chocolate pieces are coated well with wet ingredients. Roll mixture into small balls (about 1-1 1/2 inches in size) carefully. (Wash hands occasionally to prevent mixture from sticking to them). Place bites on a cookie sheet lined with parchment paper. Allow to set in the fridge until solid. Store in fridge in an airtight container or ziplock bag.

Created by Kathy Carr, FCH Agent - Bailey County

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