

Pumpkin Bites

Prep Time: 5 mins

Cook Time: 5 min

Servings: 2



Ingredients

- 1/2 cup pumpkin puree
- 1/2 cup peanut butter* or other nut/seed butter
- 3 tbsp maple syrup
- 1/2 tsp ground cinnamon
- 1/2 tsp allspice

- 2 packets of plain oatmeal*
- 1/4 cup dried cranberries or raisins
- 2 tbsp chia seeds

*ingredient can be purchased with WIC benefits

Nutrition Information (per serving)

| | |
|----------------|-------------------------|
| 280 calories | Total carbohydrates 30g |
| Total fat 14 g | Total sugars 2 g |
| Saturated 5 g | Dietary fiber 5 g |
| Vitamin C 15% | Iron 10% |
| Sodium 260 mg | Calcium 10% |
| Protein 20% | Vitamin A 15% |

Directions

1. Put the pumpkin, almond butter, maple syrup and spices in a bowl and stir until smooth.
2. 2. Fold in the oats, pumpkin seeds, raisins and chia seeds. Cover and chill for 30 minutes to firm up.
3. 3. Roll the mixture into 12 balls, then sprinkle them with cinnamon.
4. 4. Freeze for 15 minutes to firm up. Defrost for a few minutes before eating.



Recipe website: <https://www.womenshealthmag.com/uk/food/a706218/best-protein-balls-no-dates/>

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