



VITAL CUISINE® Peanut Butter Chocolate Chip Protein Bites





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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.