



Oatmeal Pumpkin Bites

SERVING: 1 BITE PREP TIME: 5 MIN
YIELD: 48 TOTAL TIME: 25 MIN

Ingredients

- 2 1/2 cups Old Fashioned Oats
- 1 tsp Cinnamon
- 1 tsp Pumpkin Pie Spice
- 1/4 cup Dark Chocolate Chips
- 1 (15 oz) can Pumpkin Puree
- 2 tbsp Honey
- 3 tbsp Creamy Peanut Butter
- 1/2 cup Pumpkin Seeds
- 1 cup Water
- 2 tsp Vanilla Extract
- 1 tsp Sweetener Alternative (Stevia, Splenda etc.)
- Non-stick cooking spray

Nutrition Facts	
48 servings per container	
Serving size	1 bite (0.0g)
Amount Per Serving	
Calories	35
% Daily Value*	
Total Fat	1.5g 2%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	0mg 0%
Total Carbohydrate	4g 1%
Dietary Fiber	<1g 2%
Total Sugars	2g
Includes 1g Added Sugars	2%
Protein	1g
Vitamin D	0mcg 0%
Calcium	0mg 0%
Iron	0.3mg 2%
Potassium	10mg 0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

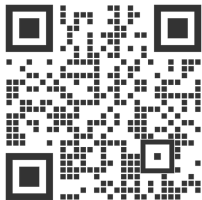
Nutrition Facts	
12 servings per container	
Serving size	4 bites (0.0g)
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat	7g 9%
Saturated Fat	2g 10%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	10mg 0%
Total Carbohydrate	15g 5%
Dietary Fiber	3g 11%
Total Sugars	6g
Includes 5g Added Sugars	10%
Protein	4g
Vitamin D	0mcg 0%
Calcium	10mg 0%
Iron	1.1mg 6%
Potassium	30mg 0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Directions

1. Preheat oven to 400°F.
2. In a large bowl, add oats, cinnamon, pumpkin pie spice, pumpkin seeds & chocolate chips. Mix well.
3. In a separate large bowl, add pumpkin puree, honey, peanut butter, water & vanilla extract. Mix until completely combined. Pour pumpkin mixture into oat mixture & stir to combine.
4. Lightly coat TWO 24-cup muffin tins with cooking spray. Fill cups 3/4 to top with pumpkin bite mix. Bake 15-20 minutes , or until tops are browned. To check, insert a knife in the middle. If ready, it will come out clean.
5. Enjoy tender & warm.

*Recipe adapted from
onieproject.com

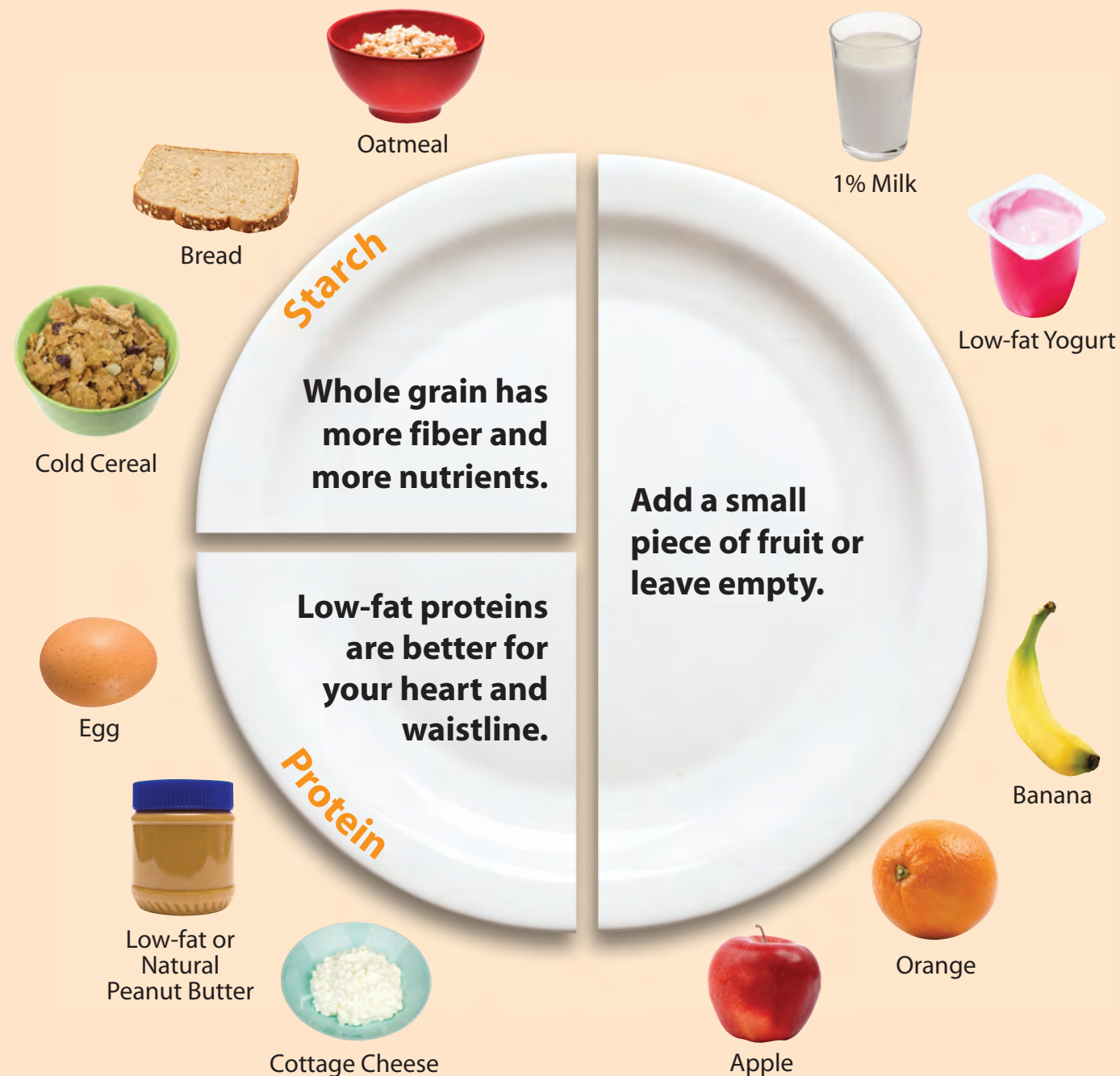
*Cost information includes
lower cost ingredients found at
local grocery store 10/28/22.



Cost Per Recipe	Cost Per Serving (1 bite)
\$4.81	\$0.10

Let's Plan Your Meal

Breakfast



Note: Only use 1/2 of your plate — 1/4 protein and 1/4 starch

Lunch/Dinner

